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# bon appétit

JUNE 2008

# TASTE OF SUMMER

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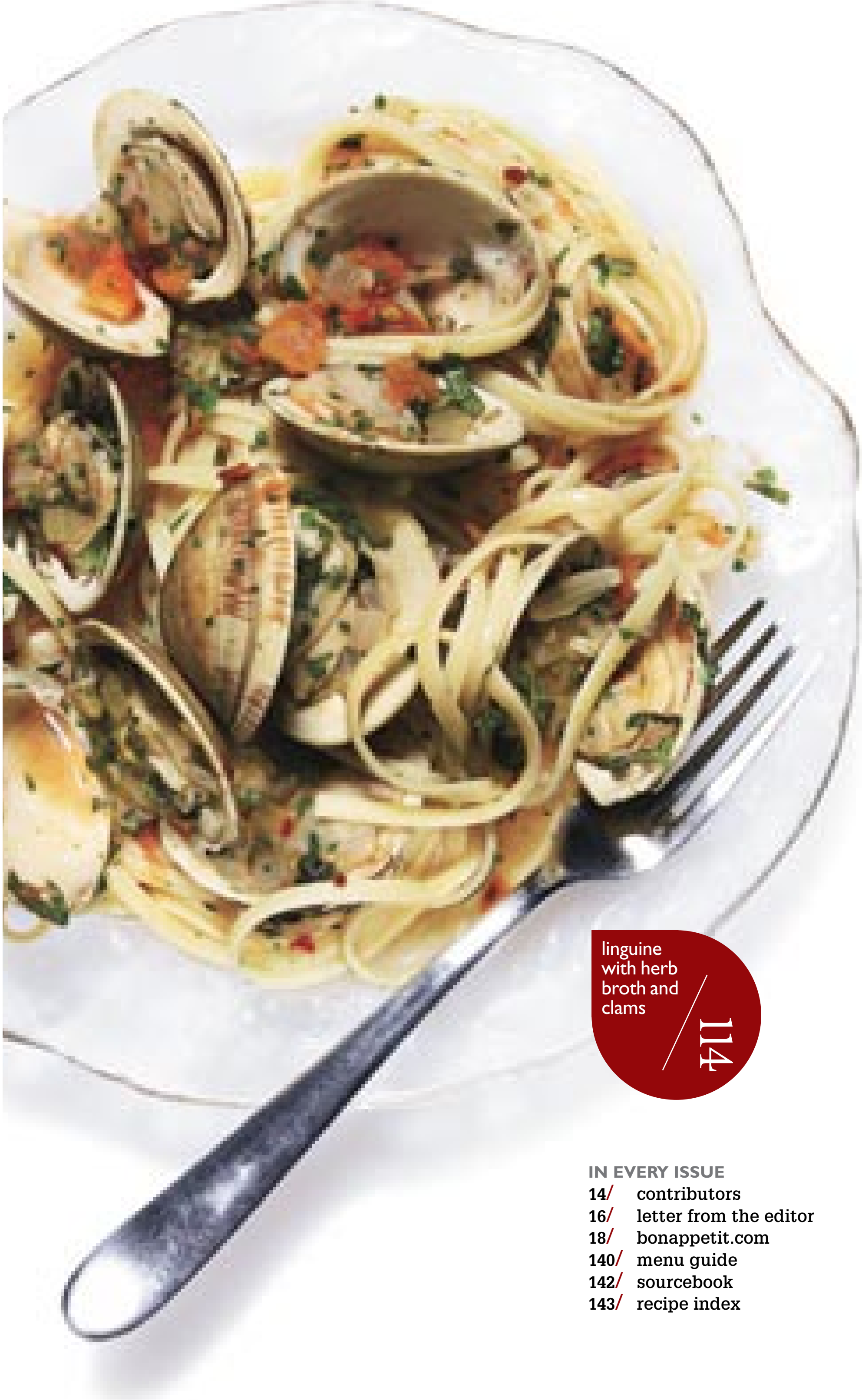
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# JUNE/ *features*

BON APPÉTIT
VOLUME 53
NUMBER 6



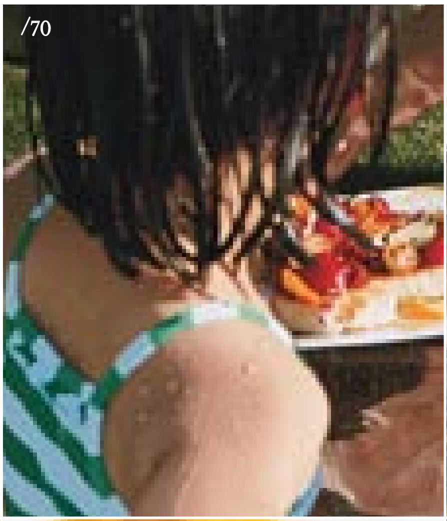



IN EVERY ISSUE



TOM SCHIERLITZ


















**ABOUT THE COVER** Classic Sour Cherry Pie with Lattice Crust from "Very Cherry," page 130/ recipe by *Lori Longbotham*/ photography by *James Wojcik*/ food styling by *Brett Kurzweil*/ prop styling by *Amy Chin for Ennis Inc.*

TOP RIGHT: KANA OKADA



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ANDY FRIEDMAN

## Amelia Saltsman/

"So much of what I know about cooking, I learned just chatting across the stand at farmers' markets," says Saltsman, a Los Angeles-based cookbook author. The Santa Monica Farmers' Market has been like a second home to Saltsman for more than 22 years, and she has dedicated cooking classes, her local television show, and her cookbook, *The Santa Monica Farmers' Market Cookbook,* to its farmers. "They really care about connecting with the shoppers, and our food wouldn't be the same if it weren't for their passion," she says. AT THE MARKET: CUCUMBERS, *page 74*

## Ture Lillegraven/

It's important for photographers to engage their subjects, and, luckily, Lillegraven has a way with people. In a picture for *GQ,* he caught Pixar animator Brad Bird playing air hockey against a giant plastic character from *The Incredibles.* In another, for *Entertainment Weekly,* he shot hip-hopper Lupe Fiasco gnawing on the side of a massive beat box. "Famous people usually have a catalog of poses. You have to give them something to do or catch them in between poses to get the best stuff." The South Dakota native currently resides in Los Angeles. STARTERS: Q&A, *page 42*

## Maria Helm Sinskey/

Sinskey has shifted gears since her days as the celebrated chef of San Francisco's PlumpJack Café. She's still making great food, but now it's as culinary director of Robert Sinskey Vineyards—a winery run by her husband—which produces wine from organic and biodynamic grapes. The chef also keeps busy raising two daughters, writing a cookbook for Williams-Sonoma, and caring for sheep and chickens on the family's farm in Napa. Incidentally, Lexi, eight, and Ella, nine, are the real achievers in the Sinskey family: The girls' egg business, called Two Napa Chicks, is a runaway hit at their school. THE GARDEN PARTY, *page 124*

## Sara Foster/

Foster's Market, in Durham, North Carolina, was conceived as a specialty grocery store with some high-quality takeout food. "I never wanted to own a restaurant," says Foster. But when regulars started crowding the tables, enjoying her food on site, she added a café to the country market she had opened in 1990. "I like to have fresh coffee roasting right when you walk in, and everything overflowing, spilling off the shelves, in baskets on the floor," she says. The atmosphere proved conducive to more than just shopping. With a second location in Chapel Hill, the markets are among the Triangle's most popular spots for a quick bite. PASTA IN A NEW LIGHT, *page 108*

## Liz Welch/

An award-winning investigative journalist, Welch has a knack for finding a story—and a good meal along the way. When it came to researching this month's piece on the Mississippi Delta, the New York-based writer had a head start. "In my 20s, I was a teacher in Mississippi," she says. "That's when I fell in love with cornmeal-crusted catfish and Delta fudge pie. That meal was my reward for getting through another week of teaching high-school English in Yazoo City." MISSISSIPPI FOODIE ROAD TRIP, *page 116*

# 100 more things to love/

IN THE HISTORY OF FOOD AND FOOD-RELATED EVENTS, May 13 has two items of note: In France in 1637, it is said, Cardinal Richelieu introduced the table knife to polite society. (Before that, daggers were used to cut meat, as well as to pick one's teeth. Apparently offended by that practice, Richelieu ordered that the points be rounded off all knives to be used at his table.) And in 1950, Diners Club issued its first credit cards, forever changing the way we dine in restaurants, shop for food, take vacations, and generally go into debt.

This year, May 13 will mark another foodie milestone: the relaunch of the redesigned, redefined, and—in my not-so-humble opinion—super-cool and infinitely useful bonappetit.com Web site.

The key component is "The *Bon Appétit* Top 100." We've taken the confusion out of the wide world of recipes on the World Wide Web to showcase the 100 dishes that you need to know about *right now.* For our launch, the selection ranges from the simplicity of roast chicken to the lusciousness of fruit pies; from the spiciness of curries, tacos, barbecued ribs, and enchiladas to the elegance of tropical-fruit-filled crepes and lobster with *charmoula* butter. The 100 recipes will vary with the season, with the holidays, with the market—really, with what we want to tell *you.* Eventually our users will be able to track what's hot and what's not on a daily basis—and we will be able to update the list every day so that we can stay on top of what you want.

Creating the Web site was time-consuming, challenging, and—ultimately—a lot of fun. In our New York office, we had executive editor Victoria von Biel, online editor Martha Simon, and assistant editor Emily Fleischaker toiling away at all hours (16-hour days—and weekends—were not uncommon), and in the L.A. office, senior associate editor Amy Albert and editorial assistant Diane Chang provided yet more hands on deck. "It's been a wonderful—if slightly crazy—experience," Victoria says. "The Top 100 is such a great idea; it's exciting to see it finally take shape."

Emily thinks "the fun part is that this is an extremely useful resource." As she puts it, "We're taking all of our *Bon Appétit* knowledge and reinterpreting it to make it really accessible to Web users. We're not just putting the magazine online." And she also points out, "We're giving each dish a universe: All the best techniques for it, tips, videos, ingredient information, the right tools for the job, menu ideas, even links to other articles and blogs on the Web—these 100 recipes are surrounded by every last thing we've got to help you cook them with confidence. The magazine is a rich experience," Emily says, "but this site is a tool."

How much of a tool? Well, besides the 360-degree view Emily talks about, "We have loads of new slide shows," Martha says. "And we've added a comments and ratings feature so that users can add their opinions to the recipes and videos. There are new forums, too, where users can share their own recipes and cooking advice." Martha also likes our new bloggers, Chris (the veteran home cook) and Bridget (who is still learning a lot). "It's going to be fun following along," she says, "as the two of them cook *all* of The Top 100, seeing how two people with different skill sets experience the recipes."

Of course, all of the recipes have been tested and approved by the *Bon Appétit* Test Kitchen and our editors—including me (especially the chocolate recipes)—to ensure success in the kitchen and, naturally, absolutely delicious flavor. Think of us as being right there with you, every step of the way. This one should get bookmarked as your go-to destination online. As the bonappetit.com tagline puts it: Cook with confidence. Enjoy your food.

Oh, and one more thing about May 13: It's National Apple Pie Day. How convenient that we have the perfect place for you to find a recipe for one.

BARBARA FAIRCHILD
*Editor-in-Chief*



JONATHAN BECKER

"/ I RECENTLY SPENT A WEEK AT **THE OVERLOOK INN,** A B&B IN THE MOUNTAINS OF NORTH GEORGIA. I HAD A WONDERFUL TIME AND AM STILL THINKING ABOUT THE BREAKFASTS, ESPECIALLY THE "SODA MUFFINS."

*—Sydney Grant • Portland, OR*



## giant soda muffins

MAKES 6 / *These oversize muffins are similar to Irish soda bread. Make sure you have one-cup muffin cups on hand. Serve with jam and butter.*

**Nonstick vegetable oil spray**
**1½ cups all purpose flour**
**1 cup whole wheat flour**
**2 tablespoons sugar**
**2 teaspoons baking powder**
**½ teaspoon baking soda**
**½ teaspoon salt**
**2 tablespoons (¼ stick) unsalted butter, room temperature**
**1 cup raisins**
**1¼ cups buttermilk**
**1 large egg**

Preheat oven to 400°F. Spray six 1-cup muffin cups with nonstick spray. Whisk next 6 ingredients in large bowl. Add butter; using fingertips, blend butter into flour until incorporated. Stir in raisins. Whisk buttermilk and egg in medium bowl. Add buttermilk mixture to dry ingredients; stir to blend. Spoon batter into muffin cups.

Bake muffins until tester inserted into center comes out clean, about 23 minutes. Remove muffins from pan. Cool slightly on rack. DO AHEAD Can be made 8 hours ahead. Cool completely and store airtight at room temperature.

Serve warm or at room temperature.

**TWO,** a restaurant in San Francisco, makes a delicious steak served with fresh tomatoes and *salsa verde* that I really love. It would be fun to have the recipe so that I could make the dish for my next dinner party.

*—Oliver Chiang • Dallas*

## strip steak with blue cheese butter, marinated heirloom tomatoes, and salsa verde

4 SERVINGS / *Chef David Gingrass finishes the steaks with a dollop of blue cheese butter and serves an heirloom tomato salad drizzled with an Italian-style* salsa verde *alongside.*

**¼ cup chopped fresh parsley**
**2 tablespoons chopped fresh basil**
**2 tablespoons chopped fresh tarragon**
**2 small garlic cloves, minced**
**2 teaspoons finely grated lemon peel**
**1 teaspoon anchovy paste**
**1 teaspoon drained capers, minced**
**7 tablespoons extra-virgin olive oil**
**1 cup Saint Agur blue cheese or other creamy blue cheese (about 4 ounces)**
**½ cup (1 stick) butter, room temperature**
**½ cup grape tomatoes, halved**
**4 large heirloom tomatoes (preferably assorted colors), cut into ⅓-inch-thick slices**
**4 12- to 16-ounce bone-in New York strip steaks or 8- to 10-ounce boneless New York strip steaks**

Mix parsley, basil, tarragon, minced garlic cloves, lemon peel, anchovy paste, and capers in small bowl. Gradually whisk olive oil into mixture. Season salsa verde to taste with salt and pepper. Mix blue cheese and room-temperature butter in another small bowl to blend. Season to taste with salt and pepper. DO AHEAD Salsa verde and blue cheese butter can be made 1 day ahead. Cover separately and refrigerate.

Prepare barbecue (medium-high heat). Toss grape tomatoes with 2 tablespoons salsa verde in small bowl to coat. Arrange heirloom tomato slices in single layer on rimmed baking sheet. Sprinkle with salt and pepper. Drizzle remaining salsa verde over heirloom tomatoes. Grill steaks until charred and cooked to desired doneness, about 4 minutes per side for medium-rare. Let rest 10 minutes.

Stack seasoned heirloom tomatoes on each of 4 plates and place steaks alongside tomatoes. Scatter grape tomatoes over each plate. Place generous dollop of blue cheese butter atop each steak and serve. / »

CHRISTOPH NIEMANN

The chocolate soufflé at **CYNTHIA'S** in Severna Park, Maryland, is rich but not too sweet, and it certainly satisfies my sweet tooth. It's the kind of dessert that any chocolate lover would enjoy. Since having it, I've been inspired to become a more adventurous home cook. How can I get a copy of this recipe?

*—Danny Miller • Baltimore*

## bittersweet chocolate soufflés

MAKES 8 / *While soufflés often sound difficult to make, this recipe is easy to follow and yields impressive results. We like to serve ours with high-quality vanilla bean ice cream or a dollop of whipped cream.*

- **Nonstick vegetable oil spray**
- **10 ounces bittersweet chocolate, chopped**
- **¼ cup (½ stick) unsalted butter**
- **5 large eggs, separated**
- **⅓ cup plus 1 tablespoon sugar**
- **1 tablespoon unsweetened cocoa powder**
- **1½ teaspoons fresh lemon juice**

Preheat oven to 375°F. Spray eight ¾-cup ramekins or custard cups with nonstick spray; coat ramekins or cups with sugar, tapping out excess sugar. Stir chopped chocolate and butter in large metal bowl set over saucepan of simmering water until mixtures is melted and smooth. Remove chocolate mixture from heat; cool slightly.

Using electric mixer, beat egg yolks, ⅓ cup sugar, and cocoa powder in medium bowl until thick ribbons of mixture form, about 3 minutes. Gently fold into chocolate mixture. Using electric mixer with clean dry beaters, beat egg whites in medium bowl until foamy. Add lemon juice to beaten egg whites and beat until soft peaks form. Fold into chocolate mixture in 3 separate additions. Divide among prepared ramekins. **DO AHEAD** Can be made 1 day ahead. Cover and refrigerate.

Bake soufflés until puffed above edges but still soft in center, about 18 minutes. (Bake chilled soufflés about 20 minutes.) Serve immediately.

A few weeks ago, I discovered a great Italian deli in my neighborhood called **PORTA VIA ITALIAN FOODS.** All their sandwiches are delicious, but my favorite is the BLT Panini.

*—Todd Taverner • Pasadena, CA*

## blt panini with pesto mayonnaise

6 SERVINGS / *This gussied-up BLT is packed with flavor. For best results, use fresh, organic ingredients.*

- **2 cups (packed) fresh basil leaves**
- **6 tablespoons finely grated Parmesan cheese (about 2 ounces)**
- **¼ cup pine nuts, toasted**
- **1 garlic clove**
- **½ teaspoon salt**
- **¼ cup (or more) olive oil**
- **¾ cup mayonnaise**
- **3 3-ounce packages thinly sliced pancetta (Italian bacon)**
- **4 large tomatoes (preferably heirloom), cut into ¼-inch-thick slices**
- **12 1-inch-thick slices brioche or other egg bread**
- **3 cups lightly packed arugula (about 1½ ounces)**

Coarsely chop basil leaves, Parmesan cheese, toasted pine nuts, garlic clove, and salt in processor. With machine running, gradually add ¼ cup oil and puree. Transfer pesto to medium bowl. Season with pepper. Whisk mayonnaise into pesto. **DO AHEAD** Pesto mayonnaise can be made 3 days ahead. Cover and refrigerate.

Preheat oven to 325°F. Divide pancetta slices between 2 rimmed baking sheets, overlapping pancetta slightly, if necessary. Roast until slices shrink and turn pale golden brown, about 30 minutes. Cool slightly.

Sprinkle tomato slices with pepper. Toast bread. Spread 2 tablespoons pesto mayonnaise over each bread slice. Arrange half of pancetta slices over 6 bread slices. Top with arugula, tomato, remaining pancetta, then remaining bread slices.

*—Compiled by Diane Chang and Janet Taylor McCracken*

We welcome comments and will make an effort to obtain previously unpublished restaurant recipes on request. Submissions should include the writer's name, address, and daytime phone number and be sent by e-mail to rsvp@bonappetit.com or by mail to R.S.V.P., *Bon Appétit*, 6300 Wilshire Boulevard, Los Angeles, CA 90048. *Please include the complete address of the restaurant as well as your home address.* Submissions may be edited for length and clarity and may be published or used in any medium. All submissions become the property of *Bon Appétit* and will not be returned. Because of the volume of mail received, we are unable to answer all inquiries.

# STARTERS

QUICK BITES FROM THE WORLD OF BON APPÉTIT

EDITED BY HUGH GARVEY





"I like my iced coffee strong. No sugar, no cream, no milk."
—DUANE SORENSON, THE COFFEE FANATIC
*page 42*

PHOTOGRAPHY BY GABRIELLA IMPERATORI-PENN/

OUR TOP PICKS/

# flower power

What's the magic ingredient that helps give Moroccan pastries, Indian puddings, and French candies their indescribable allure? Flowers. Liquid, crystallized, or fresh, blossoms add a fragrant lift and a playful touch to early summer eating. A little goes a long way: Start with small amounts and taste as you go.

**Orange Flower Water**
Distilled bitter orange blossoms are delicious in custards, ice creams, iced tea, whipped cream, and mimosas, the classic brunch cocktail made with sparkling wine and orange juice. *Mustapha's Orange Flower Water; $5 for 3.3 ounces; 800-596-0885 or chefshop.com*

**Rose Water**
Made from rose petals, rose water is good in smoothies, frosting, or rice pudding. It also has a natural affinity for raspberry: Add some to a raspberry puree, or to sugar syrup for drizzling over berries. *Nielsen-Massey Vanillas Rose Water; $10 for 4 ounces; 866-799-4770 or surfasonline.com*

**Elderflower Syrup**
This sweet elderberry flower syrup has a grapefruity-floral aroma and a pineappley flavor. Add it to sparkling water for a refreshing soft drink, or try some in a glass of bubbly or with gin. Great on simply flavored pancakes, too. *Darbo White Elderflower Syrup; $17 for 17 ounces; 877-437-6269 or germandeli.com*

**Crystallized Flowers**
Sturdier than they appear and dusted with fine sugar, these give flirty, pastry-shop style to cakes and cupcakes—and they make a scoop of vanilla ice cream instantly fabulous. *$21 for a mixed box of 10; 877-987-9338 or sweetfields.com*

**Fresh Edible Flowers**
They look beautiful and have a mild flavor that can be grassy, nutty, or tart. Add nasturtiums, pansies, or marigolds to salads and cocktails. Not all flowers are safe to eat—be sure what you buy is edible and chemical-free. *$27 for a mix of 40 to 50 flowers; 800-588-0151 or melissas.com* ~AMY ALBERT




GABRIELLA IMPERATORI-PENN



FOR MORE INFORMATION ON OUR FAVORITE INGREDIENTS, GO TO bonappetit.com/go/ingredients.

**TEST-DRIVE/**

# colanders

Think a colander is just a bowl with holes in it? Think again. These must-have tools have evolved to include innovative features that take the drain beyond mundane.



GABRIELLA IMPERATORI-PENN

**collapsible/**

## "Popware" Expandable Strainer by Dexas

**the design/** This lightweight silicone colander collapses to 1 inch thick for convenient storage. **testing notes/** The cone shape allows for fast, efficient draining. Silicone is heat-resistant up to 500 degrees Fahrenheit, and the compact 8-inch-diameter colander can be cleaned in the dishwasher. *$15; bedbathandbeyond.com*

**versatile/**

## Convertible Colander by Oxo

**the design/** This innovative 5-quart colander can stand on its own or convert to a useful over-the-sink version. At nearly 16 inches long, it fits across most sinks. Available in stainless steel or plastic.
**testing notes/** The fold-out, non-slip legs are easy to move, and they also act as handles when they're folded down. The extra-large bowl doesn't crowd delicate berries and quickly drains everything from long noodles to wide, crinkly cabbage leaves. *$30; oxo.com*

**eco-friendly/**

## "Preserve" Colander by Recycline

**the design/** Made from 100 percent recycled plastic, this 3½-quart style, with its grippable handles and raised base, comes in four colors, and sports teardrop-shape drain holes.
**testing notes/** The eco-friendly design is even thicker and sturdier than other plastic colanders. Better still, it doesn't retain odors or stains from fruit, it holds up to steaming-hot pasta, and it's dishwasher-safe. *$13; wholefoods.com for stores* ~**ELISA HUANG**

FIND OUT MORE ABOUT THE KITCHEN GADGETS WE LOVE AT *bonappetit.com/go/tools.*



Toasted barley and honey beignets from Manresa in Los Gatos, California

THE DISH/

# fritters

Whether savory or sweet, these done-up doughnuts are frying high with chefs around the country

## what/

While fritters, beignets, croquettes, and their bite-size kin may differ slightly in origin and preparation, they are united by an irresistible trait: They are fried. He who can resist crisp, fried batter embellished with an endless variety of savory and sweet ingredients is not human. The appeal is universal. And thanks in part to the small-plate boom—and to chefs willing to indulge our deep-fried addictions—creative riffs on classic fritters are now menu mainstays. Resistance is futile.

## why/

"You can fry almost anything, and it will taste good—and we have, from anchovy beignets to liquid corn croquettes," says David Kinch, chef at MANRESA in Los Gatos, California (*320 Village Lane; 408-354-4330; manresarestaurant.com*). "But my personal favorites are made with fresh, ripe fruit," he adds. The latest sweet experiment: toasted barley and honey beignets with local strawberry consommé that Kinch developed with the restaurant's pastry chef, Kendra Baker.

## where/

LOUISVILLE/ Chickpea and ham fritters with mustard *crema* at PROOF ON MAIN *702 West Main Street; 502-217-6360; proofonmain.com*... PHILADELPHIA/ Artichoke and cauliflower fritters at SUPPER *926 South Street; 215-592-8180; supperphilly.com*...BROOKLYN/ Okra fritters with house-made hot sauce at THE QUEEN'S HIDEAWAY *222 Franklin Street; 718-383-2355; thequeenshideaway.com*...PORTLAND, OREGON/ Olive-oil beignets with lemon sage crème anglaise at TEN 01 *1001 NW Couch Street; 503-226-3463; ten-01.com* ~**ANDREW KNOWLTON**



PHOTOGRAPHY BY GABRIELLA IMPERATORI-PENN/

THE HOT 10/

# street food

Of all the reasons to dig street food—it's cheap, it's messy, it's fun—we're with writer Calvin Trillin, who said, "My sense of taste is at full strength only when I'm standing up." America's mobile food scene has come a long way since the days of hot dogs and soft pretzels. Maple-braised pork? Chocolate bread pudding? They're both part of the American street revolution, coming this summer to a corner near you.

**1/ ingrid's lunchbox/** MADISON, WISCONSIN
At the excellent Dane County Farmers' Market on the Square, Ingrid Rockwell puts farm-to-table into practice at her tiny trailer. The menu includes Swedish meatless balls and fried egg sandwiches on cheddar-and-chive biscuits./ *Capitol Square; ingslunchbox.com*

**2/ hamdingers/** CHARLOTTESVILLE, VIRGINIA
Patrick Critzer is a student of great global street food. At his cart he sells a wide range of locally sourced and organic dishes, from grilled Moroccan chicken and masala curry to teriyaki tofu. This being the South, he makes a mean peach iced tea as well./ *Downtown Mall; 434-977-4648; hamdingerscart.com*

**3/ desserttruck/** NEW YORK
The latest high-end New York street food trend is sweets. At the DessertTruck, co-run by a former Le Cirque pastry chef, the specialties include *bomboloni* (cream-filled, deep-fried brioche dusted with cinnamon sugar) and chocolate bread pudding./ *8th Street and University Place; www.desserttruck.com*

**4/ let's be frank/** LOS ANGELES
The dogs from this food cart run circles around most franks. No surprise, considering: They're made from grass-fed beef and humanely raised pork; homemade condiments are on the menu; and one of the owners is the former meat forager for Chez Panisse restaurant./ *Helms Avenue between Washington and Venice boulevards; letsbefrankdogs.com*

**5/ garden state/** PORTLAND, OREGON
At this shiny cart, manned by the affable Kevin Sandri, you'll find Sicilian and northwestern Italian specialties, including mozzarella-stuffed *arancini,* potato fritters called *cazzilli,* and chicken *alla diavola*. Most are made from organic, locally sourced ingredients./ *SE 13th and Lexington streets; 503-705-5273*

**6/ food shark/** MARFA, TEXAS
In a tiny artist town (population 2,400) in southwest Texas, Krista Steinhauer and Adam Bork have made a name for themselves by dishing up a roving Middle Eastern- and Mediterranean-influenced menu. The truck (below) has become a sort of town hall for locals, who talk over "Marfalafel," hummus, and *fatoush* salad./ *Highland Avenue next to Marfa Book Company; foodsharkmarfa.com*

**7/ flip happy crepes/** AUSTIN, TEXAS
Barbecue and tacos aren't the only street foods in town, thanks to Nessa Higgins and Andrea Day Boykin, who flip and fold crepes savory (shredded pork with caramelized onions and Gruyère) and sweet (brownie crumbles topped with dark chocolate sauce and Chantilly cream) inside their Avion trailer./ *400 Jessie Street; 512-552-9034; fliphappycrepes.com*

**8/ petunia's silver jalapeno/** CHATTANOOGA
If you don't smile when you hear the name, you have no sense of humor. If you don't enjoy the fish tacos and hickory-smoked barbecue served out of this Airstream trailer, you have no taste. And if you can't support a funky, independent roadside eatery, you have no heart. It's exactly the kind of place every town needs./ *309 Signal Mountain Road; 423-785-7578; www.petuniassilverjalapeno.com*

**9/ happy belly foods/** SAN FRANCISCO
Owned by a group of friends who do double duty at nearby Namu restaurant, the carts (four total) offer all-beef hot dogs as well as sandwiches, including the Pan-Asian Bagnat (a riff on the classic tuna sandwich from France) and The B.L.G.T. 3000 (the *G* stands for guacamole)./ *Various locations in Golden Gate Park; happybellyfoods.com*

**10/ skillet street food/** SEATTLE
Take a culinary school graduate, a hospitality veteran, and a few Airstream trailers, and you've got the idea behind Skillet Street Food. Have maple-braised Oregon pork belly, a fried egg, and a cornmeal waffle for breakfast or a lemongrass pork "Sammy," red cabbage and ginger slaw, and hand-cut fries for lunch./ *Multiple locations; 310-694-7836; skilletstreetfood.com*

~ANDREW KNOWLTON




ADAM BORK



EXPERT ADVICE FROM/

# the coffee fanatic

**DUANE SORENSON**

*Founder, Stumptown Coffee Roasters, Portland, Oregon; stumptowncoffee.com*

Sorenson spends two weeks of every month traveling the world chasing the perfect cup. He practices Direct Trade, paying well over fair-trade prices and encouraging producers to improve their methods and, in turn, their coffee. Stumptown meticulously roasts and brews that coffee at its seven cafés in Portland and Seattle. We asked Sorenson a few questions about one of our favorite pick-me-ups.

**What do you do look for when choosing a grower?**

The first thing I do is determine whether the people are healthy and happy. Next, I take a look at ripeness. Ninety-nine percent of farms I visit pick underripe or overripe coffee cherries. Picking perfectly ripe cherries, and making sure they're milled within eight hours or so, is extremely important.

**How has Direct Trade evolved since it began?**

In the last five or ten years, I've learned a lot from traveling. And that means I've been able to share, for instance, coffee-drying techniques that I've seen in Ethiopia with farmers in Honduras. Now I can help these producers improve their processing and drying methods, a big step toward improving the quality of their coffee.

**How can average consumers make the most of their coffee beans?**

Buy from companies that stamp the bag with the roasting date, and don't brew coffee that has been out of the roaster more than 10 to 14 days. Absolutely do not freeze coffee, which can actually hurt it. Instead, keep it in Tupperware, away from moisture, heat, and sunlight.

**Many self-proclaimed serious coffee drinkers eschew iced coffee. Do you ever drink it?**

Sure, I'll drink iced coffee—not to be confused with blended coffee drinks. The most successful method I've found is the Toddy [Cold Brew System coffeemaker]. It brews a really smooth, low-acidic coffee. It's much better than brewing coffee and throwing ice on top of it.

**How do you make it?**

Four ounces of cold-brewed coffee over ice cubes. I like it strong. No sugar, no cream, no milk. [See page 27 for a photograph.]

**What's the best way to brew coffee at home?**

You don't need bells and whistles. My favorite way is a French press. It's so simple, but it produces, when done correctly, a spectacular cup of coffee. ~JJ GOODE

GROOMING BY TAMARA BROWN FOR ARTISTUNTIED.COM; PROP STYLING BY PEGGI JEUNG FOR ARTISTUNTIED.COM

PHOTOGRAPHY BY TURE LILLEGRAVEN/



**the mix/**

## MICHELADA

The Michelada, at its core a simple mixture of beer and hot sauce, sounds like a drink concocted by cash-strapped college kids. But *cerveza preparada* (prepared beer) is a traditional favorite in Mexico and the American Southwest, where you'll never find it made the same way twice (and where it is often enjoyed in the morning after a long night). Some like the addition of tomato juice, but on a sweltering summer's day we prefer a crisp, refreshing version like the one from Israel Prado of El Chile Cafe y Cantina in Austin. It's our new favorite hot-weather cocktail.
*—Andrew Knowlton*

MAKES 1

- 1 *lime wedge*
- *Chile with salt and lime seasoning (such as Chilimon)**
- *Ice cubes*
- 2 *tablespoons fresh lime juice*
- 1 *dash hot pepper sauce*
- 1 *dash Worcestershire sauce*
- 1 *12-ounce bottle Dos Equis lager*

Run lime wedge around rim of 20-ounce glass to moisten. Pour seasoning onto small plate; dip rim of glass in seasoning. Fill glass with ice. Add lime juice, hot pepper sauce, and Worcestershire sauce to glass. Add beer. Sprinkle with more seasoning and serve.
*/A dry seasoning blend of chiles, salt, and lime; available at some supermarkets and Latin markets.

**the sipping news/**

## VODKA

The past few years have seen the introduction of more new vodkas than we can count. Of the dozens we've tasted, here are six of our faves—old and new.—*Heather John*



**Sobieski**
POLAND
An excellent value, with rye flavors and a citrusy finish.
**$11**



**Smirnoff**
RUSSIA
This classic still sets the standard with lemon and charcoal flavors.
**$12**



**Ketel One**
NETHERLANDS
This is still one of the smoothest on the market and is excellent in a Martini.
**$22**



**Russian Standard**
RUSSIA
A benchmark Russian vodka with bread-like flavors and a smooth finish.
**$24**



**Hangar One**
UNITED STATES
Made with a hint of Viognier wine, this American version is exceptionally smooth.
**$31**



**Grey Goose**
FRANCE
Silky texture with faint citrus notes and a lingering finish.
**$35**



**hot gadget/**

## STOP AND GO

Here's a wine gadget that actually works. The **OXO "STEEL" WINE STOPPER/POURER COMBINATION** is a handy two-in-one device that lets you seal a wine bottle with a push of the lever. It also acts as a drip-free pourer when the lever is pulled up, and its wide spout aerates wine as it pours. It's stylish, sleek, and dishwasher-safe, too. *$11; available at surlatable.com —H.J.*

CLOCKWISE FROM TOP LEFT: GABRIELLA IMPERATORI-PENN; CNP DIGITAL STUDIO (6); COURTESY OF OXO



FOR MORE DETAILS, SEE SOURCEBOOK.

**NAVIGATOR/**

# stockholm

If Paris is the City of Light and Rome the Eternal City, what exactly is Stockholm? City of Many Islands on Sparkling Waters and Elegantly Dressed People Drinking Beer and Riding on Boats on the Most Perfect Summer Days? That's a pretty good description of this beautiful and underrated European capital. One of Stockholm's virtues is that, owing to its network of islands and an architectural balance of old and new, it feels like many cities in one. And summer, with its seemingly endless sunny days, is the perfect season to explore the city's charming cafés, chic bars, and inventive restaurants. ~ADAM SACHS

### 1 kungsholmen

This hot spot features a sushi bar, a soup bar, a salad bar, a grill bar, an ice cream bar, a bread bar, and a bistro bar. Named for the island it sits on, Kungsholmen is great for those nights when your date wants cured *hamachi* and *sake* and you feel like a Cuban Pigghan burrito and a Tuborg lager./ *Norr Mälarstrand, Kajplats 464; 011-46-8-505-24450; kungsholmen.com*

### 2 aquavit grill & raw bar

Marcus Samuelsson is famous for bringing modern Swedish cuisine to the States. Now he has opened the first international outpost of his Manhattan restaurant, Aquavit. No stranger to soaring spaces, Samuelsson should feel at home at the Clarion Hotel Sign, the city's biggest hotel./ *Östra Järnvägsgatan 35; 011-46-8-676-9850; clarionsign.com*

### 3 stockhome

Scandinavian design is known for its colorfulness, playfulness, and inventive novelty—all traits on display at this fun housewares store./ *Kungsgatan 25; 011-46-8-230-800; stockhome.se*

### 4 humlegården

Stockholmers love a view with their beer, and the attraction at this outdoor bar is twofold: the green lawn of the Humlegården park, just off crowded Stureplan, and the fashionable, well-heeled customers. For all its youth and glamour, the place is an unpretentious and lovely spot to linger over a drink with the after-work crowd./ *Intersection of Sturegatan and Humlegårdsgatan; 011-46-8-545-07656; stureplansgruppen.se* / ▸▸

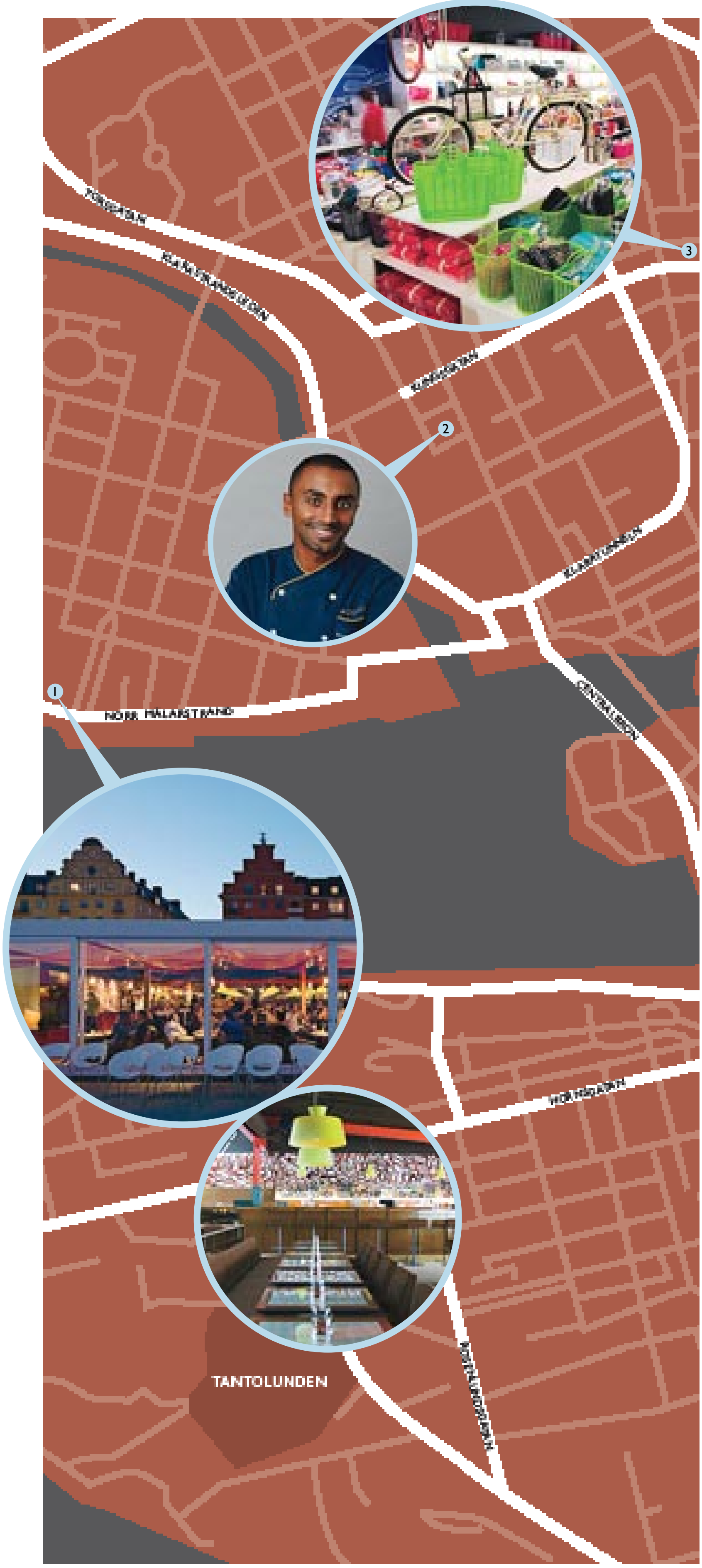



ILLUSTRATION BY JASON LEE; PHOTOGRAPHY BY (FROM TOP): PATRIK JOHANSSON; COURTESY OF AQUAVIT; ÅKE LINDMAN (2)

### 5 östermalms saluhall
Östermalms Saluhall is a large and lively indoor food market that's just a short walk from Birger Jarlsgatan and the fashionable shopping district of Norrmalm. The 19th-century building feels like a church of food. There's everything here, from coffee shops to butchers, but, this being Sweden, the draw is fish—cured, smoked, and fresh. The counter at Lisa Elmqvist is an excellent place for a shopping break over gravlax or fantastic smoked eel./ *Östermalmstorg; ostermalmshallen.se*

### 6 mathias dahlgren
Stockholm's serious eaters mourned the closing of this chef's Michelin-starred Bon Lloc, but he's back with last spring's opening of his eponymous restaurant in the Grand Hôtel Stockholm. There's an austere formal dining room with extravagant tasting-menu options and a more laid-back bar where you can take an edited tour of tastes from near (Dövestad Gård pork; pâté of Småland veal) and far (Romanian yellow chanterelles; Nebraskan beef)./ *Södra Blasieholmshamnen 6; 011-46-8-679-3584; mdghs.com*

### 7 bakfickan
Bakfickan literally means "hip pocket," and indeed it is a perfect little lunchtime hideaway at The Royal Opera House, separate from the grander restaurant around the corner. The menu is simple, but the attention to detail makes a dish like the classic *biff rydberg* (diced tenderloin, diced potatoes, fried onions, and a raw egg yolk) as moving as an aria./ *Jakobs Torg 12; 011-46-8-676-5809; operakallaren.se*

### 8 cajsa warg
This food shop was named for an 18th-century Swedish cookbook author whose culinary motto was a kind of precursor to the Slow Food approach: *Man tager vad man haver*, or "You take what you get." Cajsa Warg sells classic food products and ready-made sauces in the trendy SoFo (south of Folkungagatan) neighborhood of Södermalm./ *Renstiernas gata 20; 011-46-8-642-2350; cajsawarg.se*

### 9 hotel j
This is a city in love with its waterways and outlying islands. If you don't have time for a full-scale exploration of the archipelago, the Hotel J in the Nacka Strand district is a nice compromise. The nautically themed shorefront hotel is close to town (just a 20-minute ferry ride from the center of the city) but delivers the calming feel of the summer getaway islands./ *Ellensviksvägen 1; 011-46-8-601-3000; restaurantj.com*




ILLUSTRATION BY JASON LEE; PHOTOGRAPHY BY (FROM TOP): JENNIE KUMLIN; PETFORSBERG/ALAMY; COURTESY OF GRAND HÔTEL STOCKHOLM; MAX PLUNGER; COURTESY OF HOTEL J; ANNE ERIKLIN; PER MYRHED

WHY WE LOVE/

# hook & go

Maximize trips to the farmers' market with a new twist on shopping convenience

Years ago, when Bobby Winston debuted the Hook & Go in San Francisco's bustling Ferry Building, market-goers were captivated. When supplies couldn't meet demand, Winston bought the patent from Vancouver-based designer John Hook and outsourced production. "Word of mouth has been the best form of advertising," says Winston. "The product really sells itself." Recently, Sur La Table signed on as a distributor. How did they find out about this unique shopping contraption? Through the grapevine, of course. *48×24×22½ inches, $60; 800-243-0852; surlatable.com* ~**DIANE CHANG**



**WE'RE HOOKED/**
Organize and smush-proof purchases. Sort them into different bags and hang them on any of the eight hooks.

**THE RIGHT SIZE/**
When you aren't wheeling loads of goodies home, fold up your cart and store it away. It collapses like a tripod to save space.

**LIGHT AS A FEATHER/**
This baby holds up to 70 pounds and can be pushed or pulled easily. The ergonomic tilt takes pressure off of your wrists, and the wheels are designed to glide over bumpy roads. Need a snack break? The rubber stopper puts the brakes on your cart.



PHOTOGRAPHY BY GABRIELLA IMPERATORI-PENN/

THE LIST/

# what to buy now

Throw open the doors and windows: Summer is right around the corner, so it's out with the old and in with the new



## Fashion Plate / $2

High style comes at a bargain price with fashion designer Cynthia Rowley's melamine plates. The caning pattern adds a casual twist that's perfect for backyard entertaining. *Melamine plate from the Whim collection; target.com*




## Honey Mustard / $4

A gold medal winner at the 2007 Napa Valley Mustard Festival, this full-flavored mustard is made with premium Idaho honey and has just the right balance of sweet and tangy. *Golden Honey Russian Mustard; 208-251-2192; saucysisters.us*



## Food Container / $7

Keep produce fresher longer with containers that have air vents and a removable tray to keep food drier. The lid sticks firmly to the bottom for organized storage. *"Produce Saver" container by Rubbermaid; available at most supermarkets*



## Tea-Extract Lotion / $20

Light, creamy, and softly scented with green oolong tea and orchid, this lotion is gentle and soothing. It's organic and pesticide-free, and bottled with a convenient pump. *Beautea green oolong tea body lotion; pureliving.ca*



## Olivewood Flatware / $195 for a 5-piece place setting

Bring the outdoors in with this handsome flatware. The rich wood grain in the carved olivewood handles gives a warm, natural feel. *"Eastway" olivewood flatware; ralphlaurenhome.com*



## Heavy-Duty Saucepan / $235

Made with five alternating layers of aluminum and stainless steel, this pan is designed for durability and even heat distribution. It is hard-anodized and dishwasher-safe. *"LTD2" 3-quart saucepan by All-Clad; williams-sonoma.com*



## Sculptural Vase / $225

This elegant two-piece vase looks beautiful with or without flowers. Made of mouth-blown glass, a green sphere rests inside a cylinder to hold flower stems. *"Four" 9-inch-tall vase by Muuto; aplusrstore.com*



## Ribbon Invitations / $24 for 10

Set the tone for your next dinner party with easy-to-assemble invitations. Print them out on an inkjet printer and stick on the pre-cut ribbons and cards. *Imprintable layered invitations with ribbon by Bella Adorna; 626-585-0611 for stores*

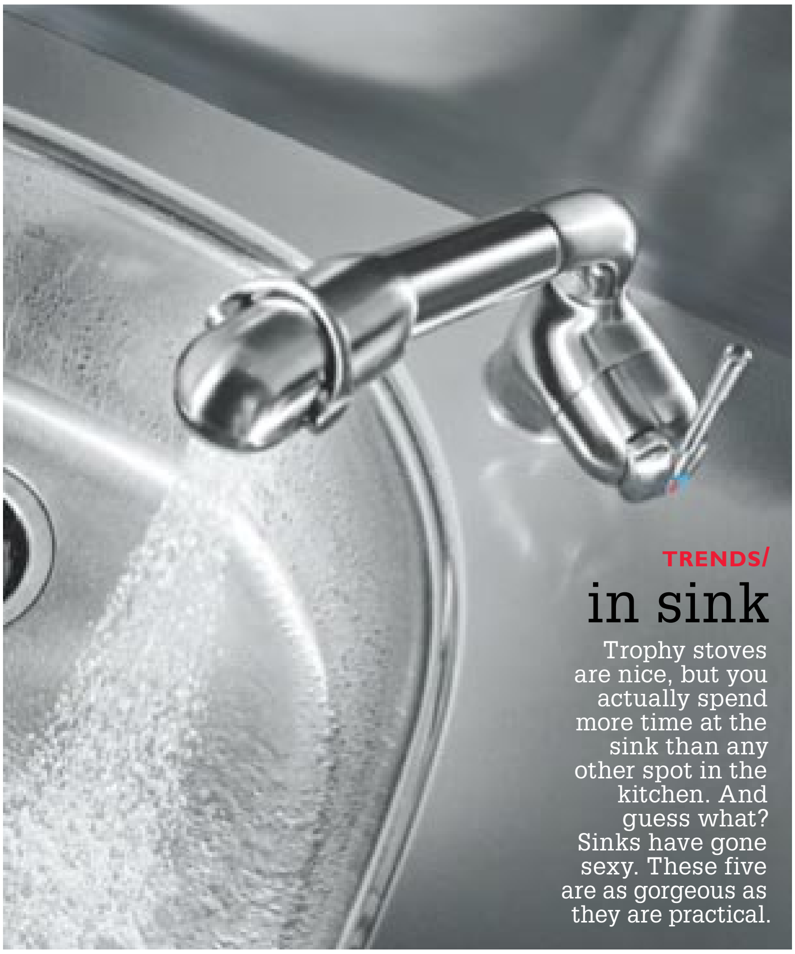


## Candleholders / $125 each

Sophisticated and fun, these bright pieces come with gold and silver detailing. Use with taper candles, and mix and match for dramatic effect. *"Capri" 15- and 17-inch candleholders by Bernardaud; 800-884-7775 for stores* ~**ELISA HUANG**

PRODUCED BY MELISSA FELDMAN AND KIM WONG

PHOTOGRAPHY BY CNP DIGITAL STUDIO/



TRENDS/

# in sink

Trophy stoves are nice, but you actually spend more time at the sink than any other spot in the kitchen. And guess what? Sinks have gone sexy. These five are as gorgeous as they are practical.

**1/ updated**
Julien's riff on an old favorite is a stainless steel update of the classic farmhouse design, complete with an apron front. It's one big sink with room enough for your largest roasting pan or deepest stockpot.

**2/ sculptural**
A curvy swoop of stainless steel that's great on a work island, Elkay's Mystic River is made for everything from washing fruits and vegetables to filling with ice for an oyster or beer buffet. Plus, it looks beautiful even when it's not being used.

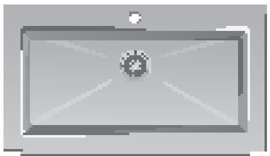
**3/ chef-style**
Inspired by pro kitchens, Franke takes the big sink, adds a side sink, and works in details for home cooks, including a prep bowl, measuring bowl, colander, and pop-up strainer—all of which nest inside the round sink. There's a tempered-glass cutting board that fits over the big sink, too.

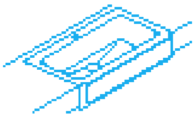
**4/ stealth double**
One sink, two options: Kohler's Carrizo looks like a single but functions like a double. Instead of a full-on divide, this sink has a stepped basin that's 9 inches deep on one side and 4½ inches deep on the other. There's space for separate tasks when you want it, and room for oversize pots when you need it. Made of enameled cast iron in several colors.

**5/ streamlined**
In this seamless design (called an integrated sink), countertop and basin are one. It makes for breezy cleanup—and a sleek look. Sonoma Cast Stone sinks are made of cast concrete, a hardy material with a hand-hewn feel. Available in 24 standard colors and several configurations.

~AMY ALBERT

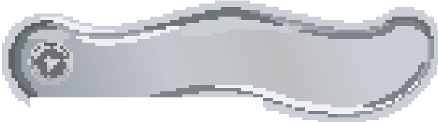
**1 / julien farmhouse sink**

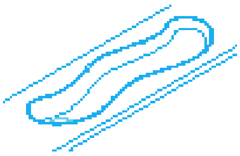




LENGTH **42"**
WIDTH **26¼"**
DEPTH **10"**
**$3,685**
*julien.ca*

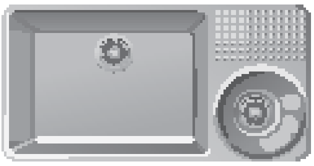
**2 / elkay mystic river**

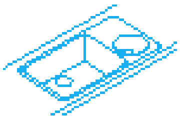




LENGTH **51"**
WIDTH **14"**
DEPTH **4½"**
**$2,247**
*elkayusa.com*

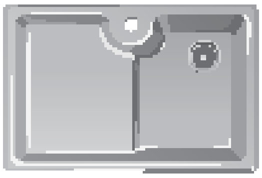
**3 / franke culinary work center**

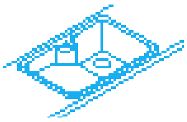




LENGTH **34"**
WIDTH **17¾"**
DEPTH **9"**
**$1,980**
*frankeconsumerproducts.com*

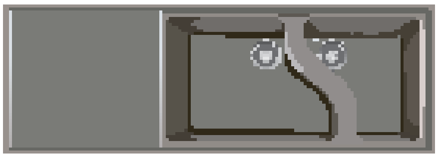
**4 / kohler carrizo**

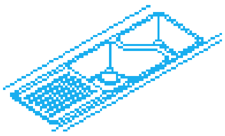




LENGTH **33"**
WIDTH **22"**
DEPTH **4½" and 9"**
**$640 and up**
*kohler.com*

**5 / sonoma cast stone chefsink**





LENGTH **72"**
WIDTH **26½"**
DEPTH **8"**
**$8,970–$11,885**
*sonomastone.com*

FAR LEFT: PHOTOGRAPH BY CRAIG CUTLER

ILLUSTRATIONS BY ARTHUR MOUNT/

# fast *easy* fresh

*quick dishes for every-night cooking from the* BON APPÉTIT *test kitchen*

RECIPES BY
LENA CEDERHAM BIRNBAUM, JANET TAYLOR McCRACKEN, SELMA BROWN MORROW, AND SARAH TENAGLIA



asian steak and slaw p. 62

PHOTOGRAPHY BY KANA OKADA/

GOOD TO KNOW Diets that include **CABBAGE** (in the slaw) and other cruciferous vegetables may lower the risk of lung, colon, breast, bladder, and ovarian cancers. Cabbage is also a source of vitamin C./ The **TOMATO SOUP** is high in fiber and low in cholesterol. The in-season tomatoes it contains provide nearly 20 vitamins and minerals.


CHILLED TOMATO-TARRAGON SOUP

## grilled asian flank steak with sweet slaw

PREP: 30 MINUTES/ TOTAL: 1 HOUR 10 MINUTES (INCLUDES MARINATING TIME)/ 4 SERVINGS

- ¼ **cup soy sauce**
- 5 **tablespoons vegetable oil**
- 5 **teaspoons minced peeled fresh ginger, divided**
- 1 **garlic clove, pressed**
- 1 **1½-pound flank steak**
- 3 **tablespoons sugar**
- 3 **tablespoons seasoned rice vinegar**
- 2 **red jalapeños, thinly sliced into rounds**
- 5 **cups thinly sliced Napa cabbage (about 9 ounces)**
- ¾ **cup chopped green onions, divided**

Prepare barbecue (medium heat). Mix soy sauce, oil, 3 teaspoons ginger, and garlic in resealable plastic bag. Add flank steak and seal bag; turn to coat. Let stand at room temperature 30 minutes, turning occasionally.

Stir sugar and vinegar in small saucepan over medium heat until sugar dissolves; remove from heat. Add jalapeños and remaining 2 teaspoons ginger. Place cabbage and ½ cup green onions in medium bowl. Pour vinegar mixture over and toss to coat. Season with salt and pepper. Let stand while grilling steak, tossing occasionally.

Grill steak until cooked to desired doneness, about 6 minutes per side for medium-rare. Transfer to work surface. Let rest 10 minutes. Slice steak thinly against grain. Sprinkle ¼ cup green onions over slaw.

## chilled tomato-tarragon soup with croutons

PREP: 35 MINUTES/ TOTAL: 1 HOUR 5 MINUTES (INCLUDES CHILLING TIME)/ 4 SERVINGS

*Chop the shallots and the garlic in the processor to make this recipe even easier.*

- ½ **cup olive oil, divided**
- 7 **tablespoons finely chopped fresh tarragon, divided**
- 8 **⅓-inch-thick baguette slices**
- 4¼ **cups coarsely chopped plum tomatoes (about 3¼ pounds), divided**
- 1 **cup chopped shallots**
- 4 **garlic cloves, chopped**
- ¼ **teaspoon dried crushed red pepper**
- 2 **tablespoons tomato paste**

Mix ¼ cup oil and 4 tablespoons tarragon in bowl. Season with salt and pepper. Brush over both sides of bread. Toast bread in large skillet over medium heat until crisp, about 6 minutes per side. Transfer croutons to plate.

Meanwhile, heat ¼ cup oil in another large skillet over medium heat. Add 4 cups tomatoes, next 3 ingredients, and 3 tablespoons tarragon. Sauté until vegetables just begin to soften, about 6 minutes. Stir in tomato paste. Reduce heat to medium-low. Cover; cook until tomatoes and shallots are soft, stirring occasionally, about 10 minutes.

Strain soup into bowl, pressing with rubber spatula to extract as much of the juice and solids as possible. Discard solids in sieve. Season soup with salt and pepper.

Freeze soup just until cold, about 30 minutes. Ladle into bowls. Top with croutons; sprinkle with ¼ cup chopped tomatoes.

## beef ribs with orange and smoked paprika sauce

PREP: 40 MINUTES/ TOTAL: 40 MINUTES/ 2 SERVINGS

*For a photo, see page 8.*

- ⅔ **cup sweet orange marmalade**
- ¼ **cup Sherry wine vinegar**
- 2 **tablespoons frozen orange juice concentrate, thawed**
- 2 **tablespoons extra-virgin olive oil**
- 1 **tablespoon smoked paprika* plus more for sprinkling**
- 1¼ **teaspoons ground cumin plus more for sprinkling**
- 6 **meaty beef ribs**

Prepare barbecue (medium-low heat). Blend first 4 ingredients, 1 tablespoon paprika, and 1¼ teaspoons cumin in medium bowl. Season sauce with salt and pepper. Transfer half of sauce to small pitcher and reserve.

Sprinkle ribs on all sides with paprika, cumin, salt, and pepper. Grill 20 minutes, turning occasionally. Brush ribs with some of sauce from bowl. Grill until slightly charred and cooked to medium-rare, brushing with remaining sauce in bowl, about 15 minutes. Transfer ribs to platter. Drizzle with some of reserved sauce in pitcher and sprinkle with salt and pepper; pass remaining sauce.

*/ Sometimes labeled Pimentón Dulce or Pimentón de La Vera Dulce, available at some supermarkets, at specialty foods stores, and from tienda.com. P. 67 / ▸▸

**GOOD TO KNOW** Fresh **PLUMS** (in the rustic tart) contain fiber, potassium, iron, and vitamins A, B, and C (and dried plums are even more healthful)./ **ALLSPICE** is said to promote healthy digestion. It's also a stimulant.






## rustic plum and port tart

**PREP:** 20 MINUTES/ **TOTAL:** 1 HOUR/ 6 SERVINGS

*Port gives this dessert a sophisticated flavor.*

- 2 **cups tawny Port**
- ½ **cup (packed) plus 1 tablespoon golden brown sugar**
- ¼ **teaspoon allspice**
- 1½ **pounds plums (5 to 6 medium), halved, pitted, each half quartered**
- 1 **tablespoon all purpose flour**
- 1 **refrigerated pie crust (half of 15-ounce package)**
- **Vanilla ice cream**

Preheat oven to 375°F. Boil Port, ½ cup brown sugar, and allspice in large skillet until reduced to ⅔ cup, about 10 minutes. Place plums in large bowl. Sprinkle flour over; toss to coat. Drizzle ⅓ cup syrup over plums; toss to coat. Reserve remaining syrup.

Unroll cold pie crust onto parchment-lined baking sheet. Spoon plums into center of crust, leaving 1½-inch border; drizzle any remaining syrup from bowl over plums. Fold crust edges over plums. Brush crust with water; sprinkle crust and plums with remaining 1 tablespoon brown sugar.

Bake tart until crust is golden and syrup is bubbling, about 45 minutes. Cut warm or room-temperature tart into wedges. Serve with scoop of vanilla ice cream, drizzling additional syrup over.

## deep dark chocolate cookies

**PREP:** 30 MINUTES/ **TOTAL:** 50 MINUTES/ MAKES ABOUT 24

*Made without butter or flour, these dense, chewy cookies will satisfy even the most intense chocolate craving.*

- **Nonstick vegetable oil spray**
- 1½ **cups bittersweet chocolate chips (about 9 ounces), divided**
- 3 **large egg whites, room temperature**
- 2½ **cups powdered sugar, divided**
- ½ **cup unsweetened cocoa powder**
- 1 **tablespoon cornstarch**
- ¼ **teaspoon salt**

Preheat oven to 400°F. Spray 2 large baking sheets with nonstick spray. Melt 1 cup /▸▸

GOOD TO KNOW The **CHOCOLATE COOKIES** are a relatively healthy addition to the cookie jar. They're low in both calories and cholesterol, and they contain antioxidant-rich dark chocolate./ In the ratatouille, the **EGGPLANT** is high in fiber and potassium and has almost no fat./ The **SOUFFLÉS** make a great low-calorie vegetarian main.

chocolate chips in glass bowl in microwave, stirring twice, about 2 minutes. Cool slightly.

Using electric mixer, beat whites in large bowl to soft peaks. Gradually beat in 1 cup sugar. Continue beating until mixture resembles soft marshmallow creme. Whisk 1 cup sugar, cocoa, cornstarch, and salt in medium bowl to blend. On low speed, beat dry ingredients into meringue. Stir in lukewarm chocolate and ½ cup chocolate chips (dough will become very stiff).

Place ½ cup sugar in bowl. Roll 1 rounded tablespoon dough into ball; roll in sugar, coating thickly. Place on prepared sheet. Repeat with remaining dough, spacing 2 inches apart. Bake until puffed and tops crack, about 10 minutes. Cool on sheets on rack 10 minutes. Transfer to rack; cool.

## grilled chicken and ratatouille

PREP: 35 MINUTES/ TOTAL: 35 MINUTES/ 6 SERVINGS

- **2 medium zucchini, halved lengthwise**
- **1 medium Japanese eggplant, halved lengthwise**
- **1 red bell pepper, cut into 1-inch-wide strips**
- **1 red onion, peeled, cut into ½-inch-wide wedges (leave root end intact)**
- **2 medium tomatoes, halved crosswise**
- **2 tablespoons olive oil**
- **6 skinless boneless chicken breast halves (about 3 pounds)**
- **⅓ cup thinly sliced basil**
- **1½ teaspoons red wine vinegar**

Prepare barbecue (medium-high heat). Place first 5 ingredients in large bowl. Drizzle oil over and sprinkle generously with salt and pepper; toss to coat. Grill vegetables until tender and slightly charred, about 4 minutes for peppers and 7 minutes for remaining vegetables. Transfer to cutting board. Place chicken breasts in same large bowl. Turn to coat with any remaining oil in bowl. Sprinkle chicken with salt and pepper. Grill chicken, covered, until cooked through, about 6 minutes per side. Let stand 5 minutes.

Meanwhile, coarsely chop vegetables and transfer to another large bowl. Add basil and vinegar and toss to coat. Season with salt and pepper. Slice chicken crosswise into ½-inch-thick slices; serve with ratatouille.


CHICKEN AND RATATOUILLE


GRITS SOUFFLÉ

## grits, cheese, and onion soufflés

PREP: 30 MINUTES/ TOTAL: 50 MINUTES/ 4 MAIN-COURSE SERVINGS

*These versatile soufflés can be served for breakfast or lunch, or as a side dish for dinner.*

- **2 tablespoons (¼ stick) butter**
- **¾ cup chopped onion**
- **¾ cup chopped leek**
- **1½ cups whole milk, divided**
- **½ teaspoon salt**
- **⅓ cup quick-cooking grits**
- **4 large eggs, separated**
- **3 green onions, chopped**
- **1 cup (packed) grated hot pepper Monterey Jack cheese (about 4 ounces), divided**

Preheat oven to 425°F. Butter four 1¼-cup soufflé dishes. Melt 2 tablespoons butter in large saucepan over medium heat. Add onion and leek; sauté 3 minutes. Mix in 1¼ cups whole milk and ½ teaspoon salt, then grits; bring to simmer. Reduce heat to low, cover, and cook until thick, stirring occasionally, about 5 minutes.

Meanwhile, whisk remaining ¼ cup milk and yolks in small bowl to blend.

Remove grits from heat. Stir in yolk mixture, then green onions and ¾ cup cheese. Beat whites in medium bowl until stiff but not dry. Fold into grits in 3 additions. Divide mixture among prepared dishes (mixture will come all the way to top of dishes). Sprinkle with ¼ cup cheese.

Bake soufflés until puffed and brown on top, about 18 minutes. Serve immediately. /■

# family style

*dinner for you and your kids—plus leftovers*

BY AMY FINLEY



recipes on p. 72

**THE MENU/ MEATLESS FOR 4**

Tomato, red onion, and basil bruschetta

Orzo with garbanzo beans, goat cheese, and oregano

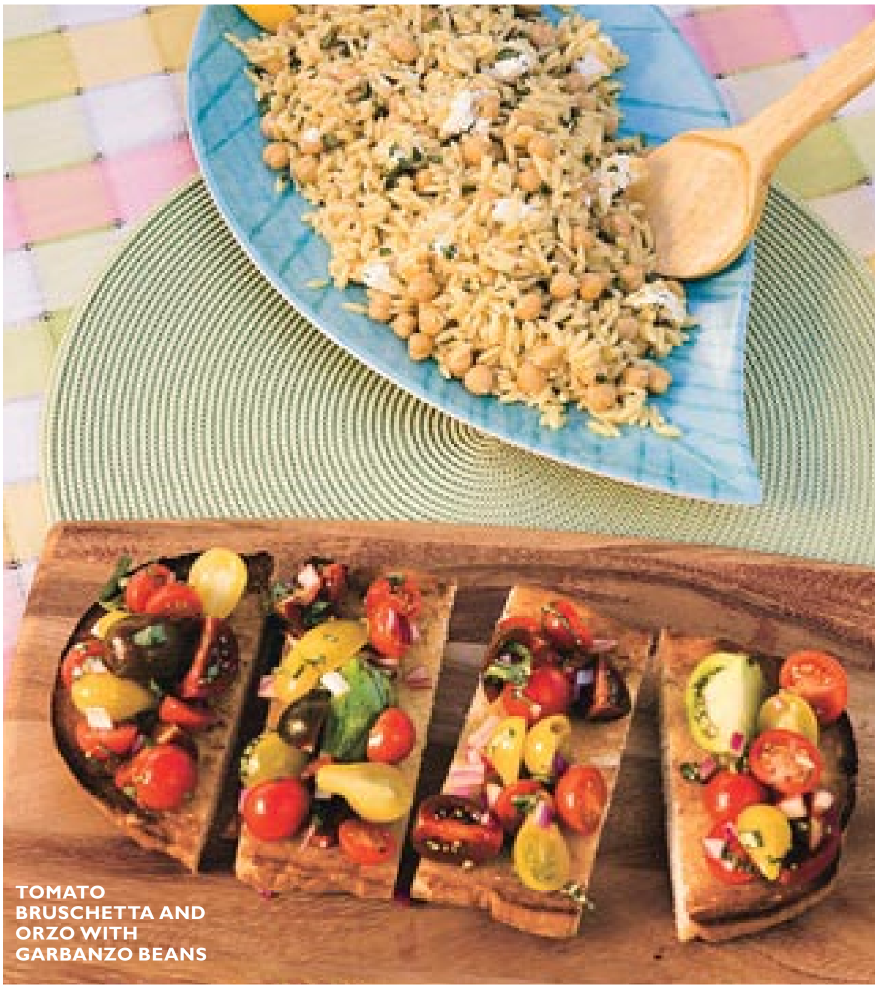
Blackberries with mint tea syrup and yogurt

**THE PAYOFF/** A delicious meatless family meal that satisfies on all levels: It's quick, it's nutritious, and it's fun for all ages. This menu is also just the kind of light, refreshing supper (or lunch) you and the kids will be craving as the weather warms up and the evenings get brighter.

**THE LEFTOVERS/** Tuna Orzo Salad: Convert side-dish extras into a main dish in one easy step, by adding best-quality canned tuna. /



PHOTOGRAPHY BY JENNIFER ROCHOLL/



TOMATO BRUSCHETTA AND ORZO WITH GARBANZO BEANS

## tomato, red onion, and basil bruschetta

4 SERVINGS/ *Use small heirloom tomatoes in assorted colors for a pretty presentation.*

**2 cups assorted cherry, grape, and teardrop tomatoes, halved (or quartered if large)**
**½ small red onion, finely chopped**
**3 tablespoons olive oil plus additional for brushing**
**3 tablespoons chopped fresh basil**
**1½ tablespoons balsamic vinegar**
**1 large loaf focaccia, halved horizontally (reserve half for another use)**
**1 garlic clove, peeled, halved**

Combine halved tomatoes, finely chopped onion, 3 tablespoons olive oil, chopped fresh basil, and balsamic vinegar in medium bowl; season tomato topping with salt and pepper. DO AHEAD Topping can be made 2 hours ahead. Cover and let stand at room temperature, tossing occasionally.

Preheat broiler. Place focaccia half, cut side up, on baking sheet; brush bread with olive oil. Toast bread in broiler until top is golden brown, watching closely to avoid burning, about 2 minutes. Immediately rub cut side of bread all over with halved garlic, then cut focaccia crosswise into 4 equal pieces.

Top toasted focaccia with tomato mixture and serve.

## orzo with garbanzo beans, goat cheese, and oregano

4 SERVINGS/

**1½ cups orzo (about 9 ounces)**
**¼ cup olive oil**
**3 tablespoons fresh lemon juice**
**1 garlic clove, minced**
**1 15- to 15½-ounce can garbanzo beans (chickpeas), rinsed, drained**
**2 tablespoons chopped fresh oregano**
**1 5-ounce log soft fresh goat cheese, crumbled (about 1 cup)**

Cook orzo in large saucepan of boiling salted water until just tender, stirring occasionally. Drain orzo.

Whisk olive oil, fresh lemon juice, and minced garlic to blend in large serving bowl. Add drained garbanzo beans, cooked orzo, and chopped fresh oregano; toss salad to coat. Season salad to taste with salt and pepper. Gently stir in crumbled goat cheese. Serve orzo salad warm or at room temperature.

## blackberries with mint tea syrup and yogurt

4 SERVINGS/ *Depending on the flavors and types of tea your kids like, feel free to experiment.*

**¼ cup boiling water**
**1 mint tea bag**
**1 tablespoon sugar**
**4 cups blackberries**
**Plain whole-milk Greek-style yogurt**

Pour boiling water over tea and steep 1 minute. Add sugar and stir to dissolve. Cool. Divide blackberries among 4 bowls. Pour mint tea syrup over berries. Spoon dollop of yogurt atop berries and serve. /■

*Amy Finley is host of* The Gourmet Next Door *on Food Network.*

## second helpings/

TUNA ORZO SALAD

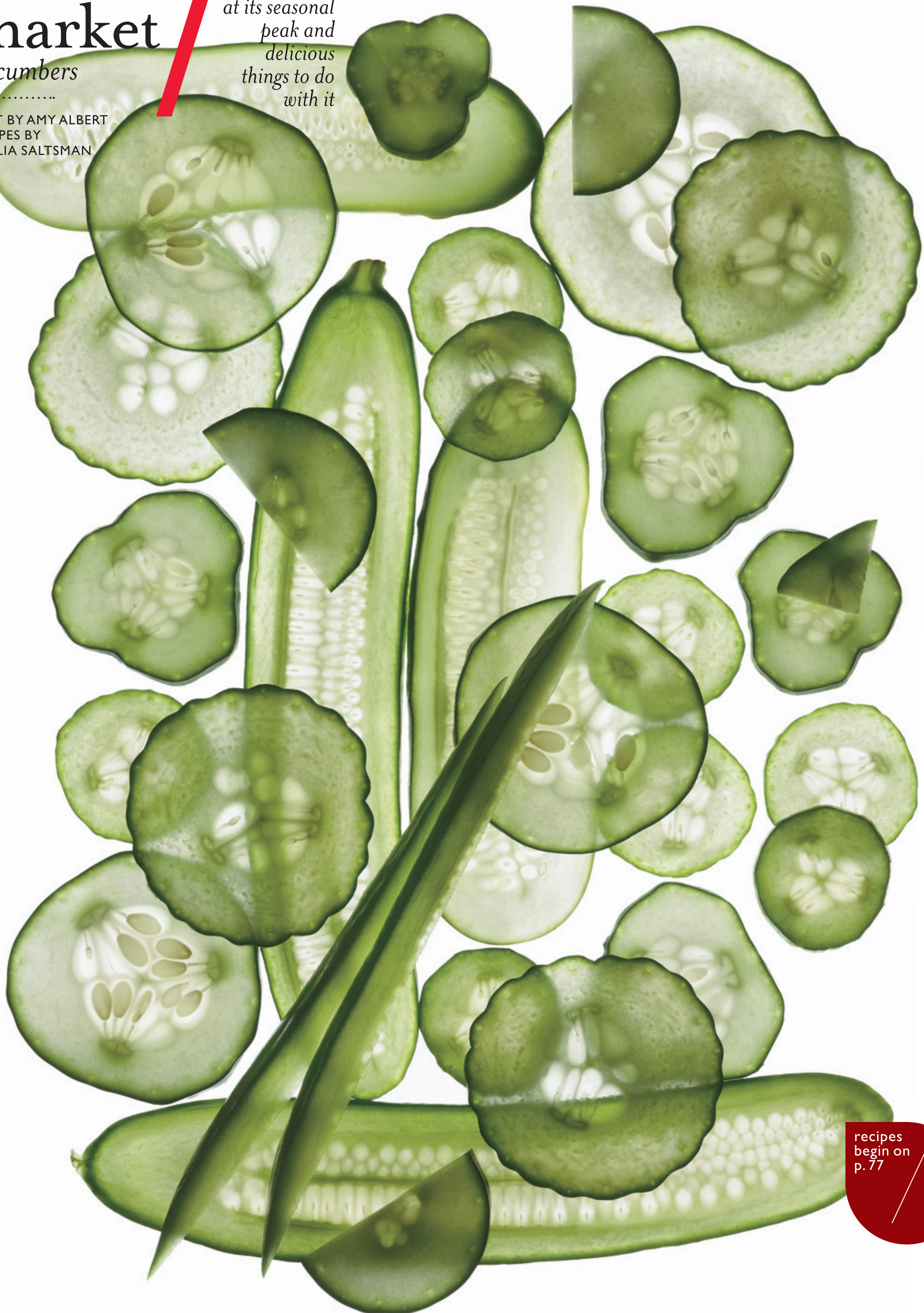
• Turn leftover Orzo with Garbanzo Beans, Goat Cheese, and Oregano into a main course by mixing in some high-quality canned tuna (packed in water). Serve it with a green salad and some grilled bread for a second easy weeknight dinner. If you think your family will gobble up all of the orzo the first time around with the bruschetta, plan ahead and make a double batch to add tuna to the next night.

# at the market

*cucumbers*

*one ingredient at its seasonal peak and delicious things to do with it*

TEXT BY AMY ALBERT
RECIPES BY
AMELIA SALTSMAN



recipes begin on p. 77

PHOTOGRAPHY BY JAMES WOJCIK/

**WHAT/** The coolest customer in the produce aisle and a member of the squash family. Varieties like Persian, Japanese, Armenian, English hothouse, and pickling cucumbers all have a sweetly grassy flavor, a juicy crunch, and thin skins that don't need peeling. The differences among varieties are more about looks than flavor: Cukes can be bumpy, ribbed, or smooth; dark or light. They're available year-round, though summer is when you'll see the best choice of varieties at the market.

**WHY TRY/** Cucumbers are summer ease personified: They don't need cooking to taste their best (but go ahead if you feel like it; they're good sautéed). The varieties below are worth seeking out, because they're more slender and flavorful than their waxed, thick-skinned cousin, the common American slicer, which is bred for easy transport and long shelf life. The seeds in specialty varieties like the ones below are smaller and often don't need to be removed, though it's fine if they are. (For the easiest way to remove cucumber seeds, see "Prep School," page 139.)

**HOW TO BUY AND STORE/** Look for cucumbers that are firm, not shriveled, with bright-looking skin. Pass on any with soft spots. Stash them unwashed and wrapped in the fridge. Use within a few days.

**HEALTH MATTERS/** Cucumbers are a good source of potassium, and eating them may help regulate blood pressure. They're a natural diuretic and help the body better absorb calcium. Cukes are an excellent source of vitamin C; their skin is rich in vitamin A.

## sweet, tart, and spicy shrimp and cucumber salad

**6 TO 8 SERVINGS/** *A satisfying first-course salad with beautifully balanced Asian flavors.*

**DRESSING**

- ¼ cup fresh lime juice
- 3 tablespoons golden brown sugar
- 2 tablespoons fish sauce (such as nam pla or nuoc nam)*
- 2 tablespoons vegetable oil
- 1 tablespoon finely grated lime peel
- 1 teaspoon hot chili paste (such as sambal oelek)*
- 1 teaspoon grated peeled fresh ginger

**SALAD**

- 2 pounds Persian or Japanese cucumbers (about 8)
- 1½ teaspoons salt
- 1 tablespoon vegetable oil
- ¾ cup lightly salted roasted peanuts
- 1 pound cooked deveined peeled medium shrimp
- 4 cups thinly sliced Napa cabbage
- 1 large red bell pepper, cut into matchstick-size strips
- 3 green onions, cut into matchstick-size strips
- ½ cup fresh cilantro leaves
- ½ cup torn fresh Thai basil leaves or regular basil leaves
- 2 teaspoons black sesame seeds,* toasted

**DRESSING/** Whisk all dressing ingredients to blend in small bowl; let dressing stand while preparing salad.

**SALAD/** Peel half of cucumbers; cut in half lengthwise and scoop out seeds with small spoon. Cut into ¼-inch cubes (about 2 cups) and place in large strainer set over bowl.

Cut off ends from remaining cucumbers and cut in half lengthwise. Scoop out seeds. Cut halves crosswise into ¼-inch-thick slices (about 2½ to 3 cups); add to strainer. Sprinkle with 1½ teaspoons salt; let drain 30 minutes.

Heat 1 tablespoon oil in heavy medium skillet over medium-high heat. Add peanuts; sauté until golden. Using slotted spoon, transfer peanuts to paper towel to drain.

Combine shrimp, cabbage, bell pepper, green onions, cilantro, and basil in large bowl.

Pat cucumber pieces dry and add to salad. Toss with dressing; sprinkle with peanuts and black sesame seeds.

*/ Available in the Asian foods section of many supermarkets and at Asian markets.

## cucumber-lime agua

**6 SERVINGS/** *For a sweeter take on this cool spa drink, add 2½ tablespoons sugar or agave nectar, available at Whole Foods, other natural foods stores, and at wildorganics.net.*

- 1 pound Persian or English hothouse cucumbers, peeled, cut into 1-inch pieces
- 2 cups ice cubes
- 1 cup green seedless grapes
- 1 cup cold water
- 3 tablespoons fresh lime juice
- 10 large mint leaves plus sprigs for garnish
- Additional ice cubes (for serving)

Puree cucumbers, ice, grapes, water, and lime juice along with 10 mint leaves in blender. Strain. **DO AHEAD** Can be made 6 hours ahead. Cover and chill.

Fill 6 glasses with more ice; pour agua over. Garnish with additional mint sprigs. /▸▸

### varieties/

Cucumbers come from tender plants that thrive in warm weather: Summer is the best time to find locally grown varieties. Flavor differences between them are subtle; it's more about looks and texture.



*japanese*
bumpy and slender, with tiny seeds



*persian*
on the slender side and often no longer than six inches



*pickling*
short, squat, and crunchy; sometimes called Kirby



*armenian*
light green; ribbed skin; look scalloped when sliced

FOR IN-DEPTH INFORMATION ABOUT CUCUMBERS, GO TO bonappetit.com/go/ingredients.

## slightly sweet dill refrigerator pickles

MAKES 2 QUARTS/ *Substituting rice vinegar (instead of cider or wine vinegar) produces a pickle that's less tart.*

- **1 small sweet onion (such as Vidalia or Maui), thinly sliced**
- **2 pounds medium pickling cucumbers, scrubbed, cut into ¼-inch-thick rounds**
- **1 large bunch dill, coarsely chopped (stems included)**
- **1 tablespoon yellow mustard seeds**
- **2 teaspoons whole white peppercorns**
- **1½ cups apple cider vinegar**
- **1 cup water**
- **1 cup sugar**
- **3 tablespoons coarse kosher salt**
- **2 teaspoons dill seeds**

Divide sliced onion between two 1-quart wide-mouth glass jars. Pack cucumber slices horizontally in jars. Top each jar with dill.

Using mortar and pestle or resealable plastic bag and mallet, crush mustard seeds and peppercorns together. Place crushed spices in medium saucepan. Add vinegar, 1 cup water, sugar, coarse salt, and dill seeds. Bring mixture to boil over medium-high heat, stirring until sugar dissolves.

Ladle mixture evenly over cucumbers. Leave jars uncovered and chill 24 hours. Cover glass pickle jars tightly with lids. DO AHEAD Can be made 1 week ahead. Keep refrigerated.

## iced cucumber soup with mint, watercress, and feta cheese

6 SERVINGS/ *This refreshing soup makes a great first course for a summer dinner party.*

- **1 pound Persian or Japanese cucumbers, peeled, halved, seeded, cut crosswise into 1-inch-thick slices (about 2½ cups)**
- **2 cups low-salt chicken broth or vegetable broth**
- **4 ounces finely crumbled feta cheese (about ¾ cup)**
- **¾ cup chopped white onion**
- **½ cup loosely packed fresh mint leaves**
- **½ cup loosely packed watercress leaves**
- **1 tablespoon fresh oregano leaves**
- **1 small garlic clove, peeled**
- **1 teaspoon salt**
- **1 17.6-ounce container whole-milk or nonfat yogurt (preferably Greek; about 2 cups)**
- **2 hard-boiled eggs, chilled, coarsely chopped**
- **3 tablespoons chopped fresh chives**



ICED CUCUMBER SOUP

Puree cucumbers, broth, feta, onion, mint, watercress, oregano, garlic, and salt in blender until smooth. Pour soup into large bowl; whisk in yogurt. Refrigerate until cold, about 2 hours. DO AHEAD Soup can be made 1 day ahead. Cover; chill.

Before serving, put soup in freezer 30 minutes. Pour into bowls; top with chopped egg and chives.

**4 MORE TO TRY/**

QUICK APPETIZER Slice cucumbers thinly on sharp diagonal; top with smoked salmon and crème fraîche.

REFRESHING SALAD Toss seeded, chopped cucumber with chunks of watermelon, lime juice, honey, and thinly sliced fresh mint.

INDIAN-STYLE SAUCE Mix grated cucumber with yogurt, minced garlic, ground cumin, cayenne, and fresh basil. Serve with grilled, spiced chicken or shrimp.

EASY SIDE DISH Sauté sliced, seeded cucumbers with a little butter, olive oil, and chopped fresh dill; serve with fish fillets. /■

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*Amelia Saltsman is the author of* The Santa Monica Farmers' Market Cookbook.

# JAM SESSION

*How too many strawberries led to a great discovery in the kitchen*

TEXT AND PHOTOGRAPHY BY MOLLY WIZENBERG

THERE'S NOTHING QUITE LIKE JUNE TO MAKE A COOK giddy in the kitchen. Of all the months on the calendar, this one is the most promising, the one we hang the most hopes on. The days are slowly getting warmer and longer. Fruits are flooding the fields and orchards, each bushel better than the one before it. I'm not usually one for grand proclamations, but these days it's hard to resist. June is close to paradise.

Of course, it doesn't hurt, either, that it's prime time for making jam. That doesn't hurt one bit.

I love making jam. It's one of the few ways to take a perfect summer fruit and make it even better. It may sound sort of ordinary, but between the fruit, the sugar, and the heavy pot, a strange, beautiful alchemy occurs, with results much greater than just a spread for toast. Jam is the ultimate in easy satisfaction. In fact, I'm tempted to call it satisfaction incarnate. It's slow, it's sensuous, and it makes the kitchen smell like candy. Nothing compares to the gratification that comes from filling the pantry with jars of your own production. That you get to eat it, too, is just icing on the cake—or, rather, I suppose, jam on the toast.

Of course, now that I've gone and said all that, I guess I should admit that until a few years ago I'd never made the stuff. So far as I could tell, it would require (A) a special canning pot, (B) packets of commercial pectin, and probably (C) nerves of steel—none of which I had on hand. Never mind that our grandmothers, and their mothers before them, have been canning jams and jellies ever since there was toast to spread them on. You can buy pretty decent jam at the store, I figured, so why go to all the trouble?

That, however, was before I met my personal Patron Saint of Fruit and Sugar, my Queen of Canning, my friend Margot. Thank goodness for girlfriends, right? Especially the kind who come with jam recipes.

One early June, Margot called to announce that she was going strawberry picking. We live in the Pacific Northwest, where berries grow like weeds. Many local farms offer U-Pick programs, ingenious setups in which people can stop by, pick their own fruit, and pay for it by the pound. Come June, when the strawberries are at their peak, it's a standard weekend outing: You get your bucket, climb in the car, and head for the nearest farm. It would have been silly, not to mention antisocial, to pass up the chance.

So I went, and two hours later we came home with 16 pounds of strawberries. I was dizzy with glee—and even dizzier when I hoisted them onto my kitchen counter and contemplated what to do.

"Why don't you make jam?" Margot suggested. I explained that I didn't know how—and, anyway, gosh, isn't it kind of complicated? Of all the possibilities I'd considered, jam was not among them. Vats of strawberry shortcake, maybe, or fruit salad for my entire apartment building, but not jam. Margot laughed. Then she told me about Bruna.

Several years ago, Margot spent a year and a half in Italy, where she became close friends with a local couple. Aside from finding a good cycling partner in the husband, she found a very skilled kitchen companion in his wife, Bruna, who taught Margot her classic recipe for plain-and-simple jam. In the years since, Margot has sent myriad fruits—apricots, peaches, /▸▸



Mixed-Berry Jam
(recipe on page 81)

raspberries, strawberries, blueberries, and blackberries—through its formula, and all with toothachingly good results. On a weekend morning when her parents, brother, and sister are all together, they'll go through an entire jar, spreading it on toast, waffles, pancakes, and even eager fingers.

Margot dictated to me the instructions for Bruna's jam, and I begrudgingly wrote them down. Then I returned to my juice-streaked kitchen and before I knew it, I'd made a triple batch. The process was stunningly quick and straightforward: Just combine fruit, sugar, and a squeeze of lemon; let the mixture macerate; boil it until it begins to gel; and then ladle it into jars. The resulting flavor was clean and concentrated, the essence of the fruit heightened and intensified, with just enough sugar to set it sparkling. Even the canning was a cinch.

As the summer progressed, I moved on to raspberries, and then blackberries, too. Here in Seattle, it's hard to go a block or two without running into a thorny bush abounding with ripe berries. They grow wild in backyards and neighborhood parks, alongside highways, and under bridges. I hadn't realized just how fond I was of them, and my own homemade jam, until a miserly neighbor scolded me for picking berries from a bush along our property line. I nearly cried. If you've ever eaten still-warm blackberry jam, fresh from the pot, you'll understand. Really, give it a try.

Here's what you should know: You don't need any special equipment, aside from canning jars with lids and screw bands. Forget those big metal canning pots—unless, of course, you happen to have one lolling about in the basement. They're nice, but not necessary. A good stockpot will do. You don't even need added pectin, the powdered gelling agent often used to thicken jams and jellies. Old-fashioned jams, the kind our grandmothers made, never used it; they just cooked slow and long, so as to concentrate the fruit's natural pectin. Jams with no added pectin set to a lovely, soft texture, which I like better, anyway, than any stiff, jiggly type.

Making jam is really very simple, so long as you know the rules of safe canning. Proper canning, or "heat-processing," hermetically seals the jars, meaning that no air or tiny organisms can get in. It also kills undesirables, like bacteria, yeast, or mold. In addition, it destroys naturally occurring enzymes that cause food to spoil. It's kind of a miracle, really. Man walking on the moon was a nice feat, but between you and me, it hardly holds a candle to home canning.

Once you get the hang of making jam, you may even want to improvise—tweaking the sugar content, playing with the amount of lemon, tossing in a bit of zest or maybe an herb of some sort. Whatever you do, don't let June slip by without putting up a batch or two of jam. Summer lasts only a little while, but if you hurry up and can it, you can eat it all year. /■

*Molly Wizenberg is better known as Orangette, which also happens to be the name of her award-winning blog.*

## MIXED-BERRY JAM

MAKES THREE TO FOUR ½-PINT JARS/

*Sealed jars may be stored in a cool, dry, dark place for up to one year. Unsealed jars must be refrigerated and jam must be used within a few weeks. For an even quicker jam, skip the canning instructions, ladle hot jam into clean jars, and store the jam in the refrigerator for up to two weeks.*

- **6** **5- to 6-ounce containers raspberries and blackberries (3 containers each)**
- **2** **cups sugar**
- **2** **tablespoons lemon juice**

Combine fruit, sugar, and lemon juice in large bowl. Let stand at room temperature 2 hours, stirring occasionally.

Put 2 saucers in freezer.

In bottom of heavy large stockpot at least 3 inches deeper than height of jars, place metal rack or extra screw bands from canning jars to protect jars from direct heat. Fill pot with water, cover, and bring water to boil. Reduce heat to low. Wash jars, lids, and screw bands in hot soapy water; rinse well. Set screw bands on clean towel to dry. Place lids in small saucepan; cover with cold water and bring to simmer; turn off heat. Fill jars with very hot water.

Transfer fruit mixture to large saucepan and bring to boil over medium-high heat, stirring occasionally. Mash to thick puree with potato masher. Reduce heat to medium and boil gently until mixture begins to thicken, stirring often, about 18 minutes.

Remove saucepan from heat to test jam for gelling point. Drop 1 teaspoonful jam on chilled saucer and return to freezer 1 minute. Remove saucer and push edge of jam with fingertip. If jam has properly gelled, surface will gently wrinkle. If not, return saucepan to heat and cook jam a few minutes longer; repeat test. (See "Prep School" on page 138 for additional tests.)

Drain hot water from jars and shake out excess water. Place jars on cutting board. Ladle hot jam into each jar, leaving ¼-inch space at top. Slide flat plastic spatula between jam and jar to eliminate air bubbles. Clean rim of each jar with damp cloth. Using tongs, lift hot lids from saucepan, 1 at a time, shake dry, and place atop jars. Seal each with screw band, twisting to close but not too tightly. Return filled jars to pot of hot water.

Add water to pot, if necessary, to cover jars by at least 1 inch. Cover pot and bring to boil; reduce heat and boil gently 10 minutes. Turn off heat. Wait 5 minutes; use tongs to remove jars without tilting. Place upright on towel; cool completely at room temperature. Jam will thicken as it cools.

Check lids for seal by pressing each lightly. Lids of sealed jars will be concave and show no movement when pressed.

**TEST-KITCHEN TIP /** For peach or apricot jam, use 2 pounds fruit, 2 cups sugar, and 2 tablespoons lemon juice. Rinse, dry, and rub any fuzz off peaches, if using. Halve, pit, and cut fruit into ¾-inch pieces. Place in bowl and toss with sugar and lemon juice, then follow directions above.

# HEALTH WISE/ FRENCH WOMEN DO DRINK WINE

*She taught us why French women don't get fat. Now she takes a look at the role of wine as part of a healthy—and pleasurable—lifestyle.* BY MIREILLE GUILIANO PHOTOGRAPHY BY MAURICIO ALEJO



IN BORDEAUX back in the 1980s, I was introduced to the reputed oldest man in the Médoc. When asked the secret to his longevity, this spirited 98-year-old—who had spent his entire life tending vineyards—replied, "I drink a glass of wine every day, *bien sûr.*" But what about the so-called essence of life, water? Without hesitation, he answered, "Water is for ducks."

This encounter was memorable because my father used the same French cliché—water is for ducks—and he also drank a glass of wine each day with his lunch. So did most people I knew growing up in France.

Today, French women have one of the longest life expectancies in the world. And by 1991, we knew why. It's called the "French Paradox." The French can eat butter, eggs, and cheese and still have a low rate of heart disease because they also drink wine—specifically red wine. The antioxidants in red wine, when it is consumed in moderation, have been found to reduce blood clots and "bad" cholesterol production. Wine also is good for the circulatory system, and it slows the body's aging.

Even without biochemistry, the ancient Greeks and Romans were aware of wine's healthful properties. They used it as a disinfectant, a wound dressing, a diuretic, and an analgesic. We know now that it also helps prevent coronary disease and cancer and reduces ulcer-causing bacteria. Wine is a mild tranquilizer that /▸▸

can lower tension and anxiety. And I just read that this marvel even helps keep legs healthy (it's good for circulation).

Too much wine, though, is definitely detrimental. To realize wine's health benefits, we must apply the oh-so-important rule of moderation. Which leads to this problem: How can you enjoy just a glass or two? How do you keep wine's benefits and avoid its drawbacks?

Brought up as a typical French girl of my generation, I started drinking wine diluted with water. But my true introduction occurred when I was six years old. It happened in Reims, the unofficial capital of the Champagne region. A family friend taught me how to handle a Champagne flute because he thought that children should be given *une petite goutte* (a tiny sip) in the proper glass. Thus, he established the pleasure and moderation principles simultaneously. And as wine is always, always, always to be drunk with food, there were some nibbles to go with it (in this instance, *gougères,* the tiny cheese puffs that are so great with Champagne). I never forgot that first wine lesson, and later as an adult involved in the wine business, I referred to it as the PMF (pleasure/moderation/food) rule of healthful drinking. Take pleasure in wine, but always drink in moderation, and with food.

IT'S EASY TO BE SEDUCED BY THE PLEASURE OF DRINKING wine. It helps you relax and puts you in a good mood. Wine definitely promotes gracious living since *la joie de vivre* for most people comes via the table (through social eating and drinking). Plus, there's the pleasure of looking at the color in the glass, smelling the wine, sipping it, and enjoying its wonderful aftertaste.

The key to this enjoyment is moderation, but what's the right amount for you? The best rule is not to consume more than a glass or two a day, depending on your size, age, and gender. And even large men shouldn't be drinking more than two or three glasses a day. (Okay—the occasional pleasure of a bit more won't kill you, but it's still not part of a healthful lifestyle.)

"/ IF YOU'RE AT A RESTAURANT AND WANT TO WATCH YOUR WAIST, SKIP THE BREAD. LEAVE THE CANNOLI; TAKE THE WINE. IT'S HEALTHIER.

Just because a glass or two a day is beneficial doesn't mean 56 ounces a week would be good for you, most especially if you consume those ounces over the course of a weekend. Many people abstain all week only to imbibe their weekly dose at a meal or two. Beyond intoxication, drinking too much wine can damage the liver, increase blood pressure, and weaken the heart muscle.

Here's how I ensure moderation when I'm dining at home. My husband and I know that after our first or second glass, it can be deliciously simple to pour a third or fourth. So we first bought some half bottles (375 milliliters), and after we drank them, we kept the empties. Now whenever we open a new bottle of wine for dinner, we immediately pour half the contents into an empty half bottle and quickly cork it. The wine has seen air for perhaps 15 seconds. Recapped and usually refrigerated, it will last in top form for days, weeks, and even months.

A half bottle of wine equals about three full glasses. But you should never fill your glass more than two-thirds full: To taste wine properly, you need room to swirl it, exposing it to the air to soften it. Plus, the empty part of the glass is what holds in the bouquet. We pour half glasses at dinner, and then enjoy two refills from the same half bottle. It is amazing how easy it is to fool ourselves. Three pours are far more psychologically fulfilling than one single pour in a large glass.

AT A DINNER PARTY JUST THIS WEEK, A WOMAN AT MY TABLE said she drank vodka, not wine, because it has fewer calories. Wrong. A shot of vodka (or any 80-proof alcohol) is about equal in alcohol and calories to a four-ounce glass of wine (and not everyone drinks their vodka outside sugary cocktails).

I am not a calorie counter, though—I deal in equivalencies. A glass of wine is equal to a medium apple or roughly a slice of bread. So consider that glass to be another item of food. If you're at a restaurant and want to watch your waist, skip the second (and perhaps the first) piece of bread. Leave the cannoli; take the wine. It's healthier.

Skip the bread—but do have a few nuts or a little cheese. In anticipation of a glass of Champagne or red wine, I always eat a little something. This slows the absorption process. Current medical wisdom suggests that a glass of wine per hour on a full stomach is beneficial, so if you're at one of those three-hour celebratory meals, an occasional second or third glass is fine.

WINE OPENS YOUR APPETITE, COMPLEMENTS A MEAL, ALLOWS you to savor your dishes (and in the process, limits your consumption). No satisfaction is more elemental and vital to well-being than the pleasure we seek in what we eat. And the pairing of wine with food can create just such a pleasure. One of my own idiosyncratic loves is Champagne with pizza. These food-wine combinations can exceed the sum of their parts, a classic 1 + 1 = 11. What fun, what adventure.

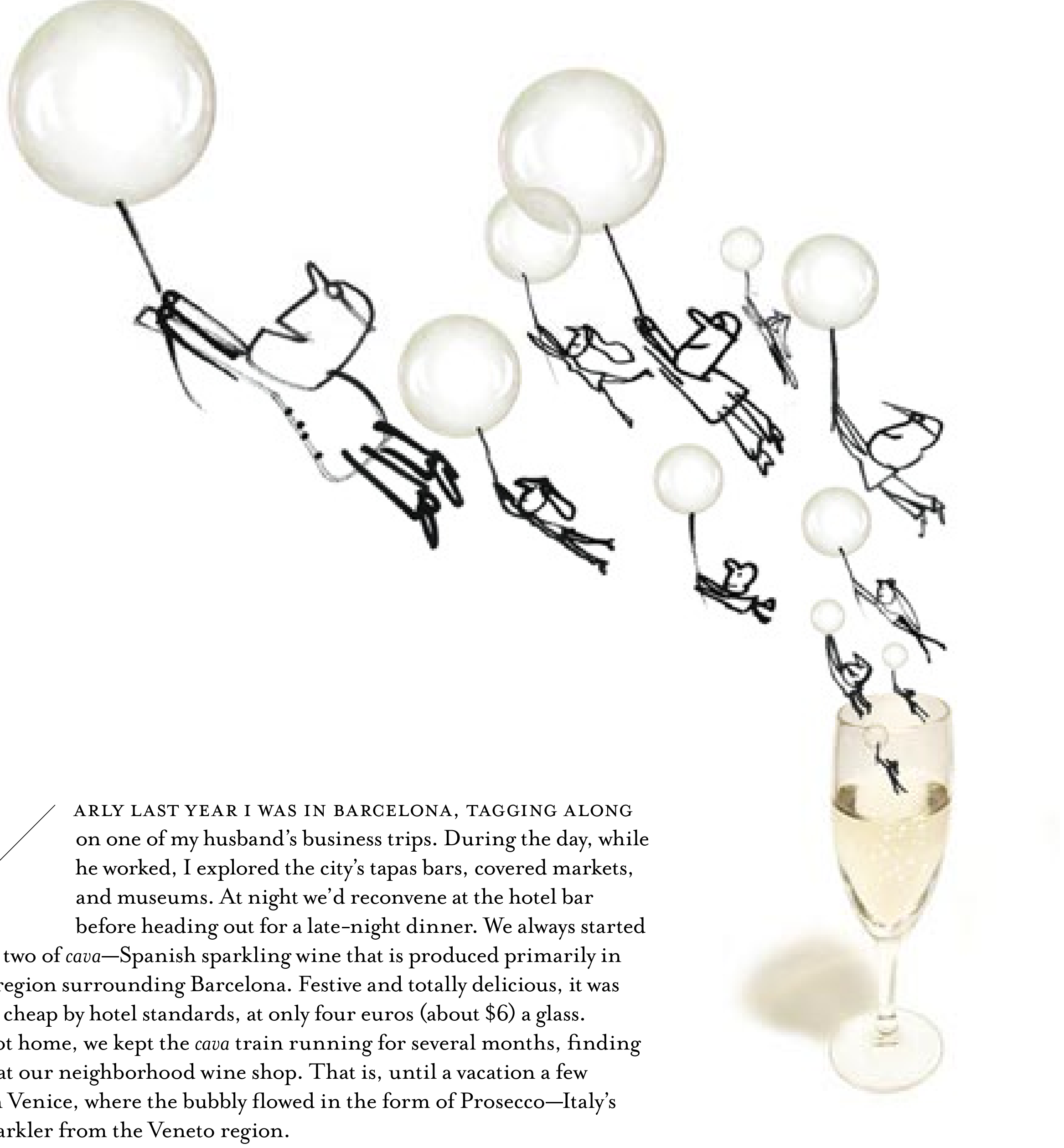
So when you raise a wine glass, remember pleasure, moderation, and food, and you will give true meaning to the traditional toast "to your health." *À votre santé.* /■

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# ALL THAT SPARKLES...

*...is not Champagne. There are lovely, bubbly alternatives from Spain, Italy, France, and right here at home—just in time for summer drinking. Plus, perfect pairings for recipes in this issue.* BY HEATHER JOHN ILLUSTRATION BY SERGE BLOCH



EARLY LAST YEAR I WAS IN BARCELONA, TAGGING ALONG on one of my husband's business trips. During the day, while he worked, I explored the city's tapas bars, covered markets, and museums. At night we'd reconvene at the hotel bar before heading out for a late-night dinner. We always started with a coupe or two of *cava*—Spanish sparkling wine that is produced primarily in Catalonia, the region surrounding Barcelona. Festive and totally delicious, it was also shockingly cheap by hotel standards, at only four euros (about $6) a glass.

When we got home, we kept the *cava* train running for several months, finding great bargains at our neighborhood wine shop. That is, until a vacation a few months later in Venice, where the bubbly flowed in the form of Prosecco—Italy's crisp, fruity sparkler from the Veneto region.

Don't get me wrong: I love Champagne and, ultimately, there is no substitute. But there are wonderful alternatives that offer great bargains and are every bit as festive: Crémant from regions such as Alsace, Burgundy, Jura, and the Loire in France; *cava* from Spain; Prosecco from Italy; and the lovely sparkling wines coming out of California and Oregon. Many of these wines are made using the traditional *méthode champenoise* technique, which involves taking various still wines and blending them before putting them through a secondary fermentation in the bottle that produces the bubbles. But unlike true Champagne, which is traditionally limited to Chardonnay, Pinot Noir, and Pinot Meunier grapes, many of these sparklers feature other intriguing varietals native to their respective regions. That means a whole new spectrum of flavors and potential pairings that are particularly good with casual summer meals.

Let's start with some of the better sparkling wines coming out of France that are not Champagne, and often cost a fraction of the price. While there are a few lovely rosé, or pink, versions, these wines are primarily *blanc de blancs* (white) or a blend of red and white grapes.

My favorite examples have to be the Crémant de Loire wines from /▸▸

the Loire Valley. These dry sparkling wines are made primarily with Chenin Blanc, but can also feature Cabernet Franc, Chardonnay, and Gamay, which results in soft, fruity wines with hints of honey and white flowers. Serve them with smoked salmon or shellfish dishes, such as the Buttery Steamed Mussels with *Sake* and Chiles (page 98). From the Alsace region, look for Crémant d'Alsace, made from Auxerrois Blanc, Chardonnay, Pinot Blanc, Pinot Gris, Pinot Noir, and Riesling. These often taste of apricots, raspberries, and almonds, and are wonderful with summer-fruit desserts like roasted apricots or pear tarte Tatin. The Burgundy region produces some intriguing Crémant de Bourgogne, using Aligoté, Chardonnay, Pinot Blanc, and Pinot Noir grapes. For the classic aperitif Kir Royale, blend Crémant de Bourgogne with a dash of another Burgundian specialty, crème de cassis. This sublime concoction would be a slam dunk at brunch with the Ricotta Pancakes with Brown-Sugar Cherry Sauce (page 134).

> "/ DON'T GET ME WRONG: I LOVE CHAMPAGNE AND, ULTIMATELY, THERE IS NO SUBSTITUTE. BUT THERE ARE WONDERFUL ALTERNATIVES THAT OFFER GREAT BARGAINS AND ARE EVERY BIT AS FESTIVE.

By the way, don't confuse these Crémant wines with wines from Champagne that are marked "crémant." In the Champagne region, this term refers specifically to wines that are moderately sparkling and have been made with about half the pressure of classic Champagne. In Alsace, Burgundy, and the Loire, Crémant wines are fully sparkling.

Next door in Spain, as I found, *cava* offers the best bang for your buck, and there are many excellent versions for under $10. Spanish grapes such as Macabeo, Parellada, and Xarel-lo are blended with Chardonnay and, occasionally, Pinot Noir. *Cavas* are often different from their French counterparts in that they tend to be earthier and less acidic. Try them with salty foods like *jamón iberico* or dishes with Asian flavors, like the Sesame Soba Noodles with Cucumber, Bok Choy, and Mixed Greens (page 112).

Likewise, Italian Prosecco is a spectacular value. Made from the Prosecco grape, these wines are classified as either *frizzante* (lightly sparkling) or *spumante* (fully sparkling). The best versions are loaded with crisp apple and lemon flavors. I love to serve Prosecco with prosciutto-wrapped melon, but it is equally delicious with summer pastas like the Farfalle with Chicken, Tomatoes, Caramelized Onions, and Goat Cheese (page 113) or the Capellini with Fresh Ricotta, Roasted Garlic, Corn, and Herbs (page 111). For a killer summer aperitif, add a splash of Campari and a squeeze of fresh lemon.

Back here at home, the sparkling wines coming out of California and Oregon are one more reason to celebrate. Closest in style to their Champagne counterparts, they feature Chardonnay, Pinot Noir, and Pinot Meunier grapes. The very best, in my opinion, come from Schramsberg Vineyards in Napa Valley, a pioneer in sparkling-wine production in the U.S. Their Brut Rosé is sublime with a grilled veal chop but has enough backbone to stand up to a dish like the Black-Pepper-Roasted Duck Breasts with Grilled Plums (page 127). Look for other excellent examples from the Carneros, Russian River Valley, and Anderson Valley regions of Northern California. In Oregon, Argyle winery is putting out a lovely brut with stone fruit and pear flavors, while Gruet in New Mexico, of all places, makes a fun bargain brut that shows more citrus notes. Either of these would be great with the Grilled Shrimp with Rosemary (page 105) or the Grilled Pork Tenderloin with Jamaican Spices (page 105).

You can find lovely examples of these Champagne alternatives ranging anywhere from $10 to $40 a bottle. And if that's not enough reason to celebrate, then there's always Champagne... /■

## HOT BOTTLES

**Segura Viudas Brut Reserva Cava, Spain ($10).** A great bargain with pear flavors, floral aromas, and a creamy finish.

**Louis Bouillot "Perle d'Aurore" Crémant de Bourgogne Rosé, France ($12).** A sparkling rosé that's creamy and rich with earthy undertones.

**Segura Viudas "Aria" Estate Brut Cava, Spain ($12).** Tropical fruit flavors with hints of almonds and honey.

**Gruet Brut Rosé, New Mexico ($14).** An unlikely source for a pleasing sparkling rosé with strawberry flavors.

**Bortolomiol "Prior" Prosecco di Valdobbiadene Brut, Italy ($15).** Creamy texture with hints of lime, citrus, and floral notes.

**Chateau d'Orschwihr Crémant d'Alsace Brut, France ($17).** Crisp acidity balances with apple and stone fruit nuances.

**Lucien Albrecht Crémant d'Alsace Brut, France ($20).** Made from Auxerrois Blanc and Pinot Blanc; citrus flavors give way to a floral nose.

**La Tordera Prosecco di Valdobbiadene Brut, Italy ($23).** An elegant sparkler with crisp green-apple flavors and white-flower aromas.

**Langlois-Chateau Crémant de Loire Brut, France ($27).** A fresh and floral sparkler with honey aromas.

**Schramsberg 2005 Brut Rosé, Napa Valley ($40).** A superb food wine with delicate cranberry and strawberry flavors and a hint of spice on the finish.



*by Rozanne Gold*
*photography by Con Poulos*

# 15/15 *dishes in minutes*

THE KEY TO GREAT SUMMER COOKING? ALL YOU NEED IS 15 MINUTES. HERE ARE 15 MAIN DISHES THAT MAX OUT THE SEASON WITH A MINIMUM OF FUSS.

CHICKEN WITH FRESH HERBS AND SHERRY WINE VINEGAR

STEAK FAJITAS WITH FRESH LIME

SALMON "BULGOGI" WITH BOK CHOY AND MUSHROOMS

LAMB SHOULDER CHOPS WITH TOMATOES AND ZA'ATAR

BLT CHICKEN WITH ROSEMARY-LEMON MAYONNAISE

LEMON FETTUCCINE WITH BROCCOLI AND PANCETTA "CROUTONS"

BUTTERY STEAMED MUSSELS WITH *SAKE* AND CHILES

NEW CHICKEN PARMESAN

FRIED-EGG CAESAR WITH SUN-DRIED TOMATOES AND PROSCIUTTO BREADSTICKS

BBQ ONION AND SMOKED GOUDA QUESADILLAS WITH PEA SHOOT MINI SALAD

SPICY THAI TOFU WITH RED BELL PEPPERS AND PEANUTS

CURRIED PEA FRITTATA WITH FRESH TOMATO CHUTNEY

ROASTED COD ON LARGE GARLIC CROUTONS

CHOPPED VEGGIE SALAD WITH WATERMELON AND FETA CHEESE

GARLIC-MISO PORK CHOPS WITH ORANGE BELL PEPPER AND ARUGULA




1 CHICKEN WITH FRESH HERBS AND SHERRY WINE VINEGAR

2 STEAK FAJITAS WITH FRESH LIME

3 SALMON “BULGOGI” WITH BOK CHOY AND MUSHROOMS

4 LAMB SHOULDER CHOPS WITH TOMATOES AND ZA’ATAR

5 BLT CHICKEN WITH ROSEMARY-LEMON MAYONNAISE

—1

## CHICKEN WITH FRESH HERBS AND SHERRY WINE VINEGAR

4 SERVINGS

*Even lovelier atop coarsely torn escarole.*

- ½ cup chopped assorted fresh herbs (such as Italian parsley, oregano, and tarragon)
- 6 tablespoons olive oil
- ⅓ cup Sherry wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1¾ pounds boneless chicken breast halves with skin, each quartered
- ¼ cup dry vermouth or dry white wine
- 2 tablespoons unsalted butter, chilled, diced

Whisk first 5 ingredients in large bowl. Add chicken; turn to coat.

Preheat broiler. Arrange chicken, skin side down, on large rimmed baking sheet. Pour marinade over; broil 4 minutes. Turn chicken. Broil until cooked through and skin is browned, about 6 minutes.

Transfer chicken to platter. Add vermouth and cold butter to juices on sheet. Place sheet over 2 burners on medium heat. Cook until sauce is reduced to ½ cup, scraping up browned bits, about 2 minutes. Pour warm sauce over chicken.

——2

## STEAK FAJITAS WITH FRESH LIME

4 SERVINGS

*Serve with purchased guacamole.*

- 2 12-ounce skirt steaks, each halved
- 3 tablespoons fresh lime juice, divided
- 1 large onion, halved lengthwise, thinly sliced
- 4 large garlic cloves, pressed
- 1½ tablespoons hot chili sauce (such as sriracha)*
- 1 tablespoon ground cumin
- 1 teaspoon finely grated lime peel
- 2 tablespoons olive oil
- 12 cherry tomatoes
- ⅓ cup thinly sliced fresh basil
- Warm flour or corn tortillas

Arrange steaks in 13x9x2-inch glass baking dish; sprinkle with salt and pepper. Combine 2 tablespoons lime juice and next 5 ingredients in medium bowl. Pour onion mixture over steaks; turn to coat evenly. Let marinate 10 minutes.

Heat oil in large nonstick skillet over high heat. Add steaks with onion mixture. Cook steaks 1 minute per side. Add tomatoes and basil. Continue cooking steaks to desired doneness, turning occasionally, about 3 minutes longer for medium-rare. Sprinkle mixture with 1 tablespoon lime juice. Cook 1 minute longer to blend flavors. Transfer steaks to work surface. Cut across grain on slight diagonal into ½-inch-thick strips. Transfer fajitas to bowl and serve with tortillas.

*/ Available in the Asian foods section of many supermarkets and at Asian markets.

———3

## SALMON "BULGOGI" WITH BOK CHOY AND MUSHROOMS

4 SERVINGS

Bulgogi—*beef marinated in soy sauce, sesame oil, and other seasonings—is a popular Korean dish. Here, we've subbed in salmon for the sirloin.*

- 2 large garlic cloves, peeled, divided
- ⅓ cup chopped green onions
- ¼ cup soy sauce
- 1 tablespoon Chinese rice wine or dry Sherry
- 1 ¾-inch cube peeled fresh ginger
- 2 teaspoons sugar
- 1 teaspoon Asian sesame oil
- ¾ teaspoon chili-garlic sauce*
- 4 6-ounce center-cut skinless salmon fillets
- 1 tablespoon olive oil
- 1 large bok choy, cut crosswise into ½-inch-wide strips (about 7 cups)
- 4 ounces fresh shiitake mushrooms, stemmed, caps sliced

Blend 1 garlic clove and next 7 ingredients in mini processor. Arrange salmon in 11x7x2-inch glass baking dish. Spoon marinade over. Let marinate 5 minutes.

Preheat oven to 500°F. Arrange fish, with some marinade still clinging, on rimmed baking sheet. Transfer any marinade in dish to small saucepan. Roast fish until just opaque in center, about 8 minutes. Bring marinade in saucepan to boil; set aside and reserve for glaze.

Meanwhile, heat oil in large nonstick skillet over high heat. Add bok choy and mushrooms; using garlic press, press in 1 garlic clove. Stir-fry until mushrooms are tender and bok choy is wilted, about 4 minutes. Season with salt and pepper.

Divide vegetables among plates. Top with salmon. Brush fish with glaze.

*/ Available in the Asian foods section of many supermarkets and at Asian markets.

————4

## LAMB SHOULDER CHOPS WITH TOMATOES AND ZA'ATAR

4 SERVINGS

- 1 28-ounce can plum tomatoes in puree
- ¼ cup za'atar (about 1 ounce)
- 3 tablespoons extra-virgin olive oil, divided
- 1 large garlic clove, pressed
- 4 ¾- to 1-inch-thick lamb shoulder blade chops

Place tomatoes with puree in large saucepan. Add za'atar, 2 tablespoons oil, and garlic. Bring to boil over medium-high heat, stirring often. Stir until sauce thickens, crushing tomatoes, about 10 minutes. Season with salt and pepper.

Meanwhile, sprinkle lamb with salt and pepper. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Add lamb and sauté until browned and cooked to desired doneness, about 5 minutes per side for medium-rare.

Spoon warm sauce over lamb; serve.

**INGREDIENT TIP/ *Za'atar* is a Middle Eastern spice blend that includes sumac, herbs, and sesame seeds. Look for it at Middle Eastern markets, specialty foods stores, and adrianascaravan.com.**

—————5

## BLT CHICKEN WITH ROSEMARY-LEMON MAYONNAISE

4 SERVINGS

*A clever, deconstructed BLT: Bread coats chicken in the form of breadcrumbs, bacon is cooked with lettuce and tomato for a simple side, and a dollop of seasoned mayonnaise acts as a sauce.*

- ½ cup mayonnaise
- 1 teaspoon minced fresh rosemary
- ½ teaspoon finely grated lemon peel
- 5 slices thick-cut bacon, cut into ½-inch pieces
- 4 large plum tomatoes, cut into ½-inch cubes
- 1 teaspoon cumin seeds
- 1 5-ounce package mixed baby greens
- 1 tablespoon red wine vinegar
- 4 skinless boneless chicken breast halves
- 1 cup panko (Japanese breadcrumbs)*
- 3 tablespoons olive oil

Blend first 3 ingredients in small bowl. Season mayonnaise with salt and pepper.

Cook bacon in large nonstick skillet over medium heat until crisp. Add tomatoes and cumin. Increase heat; cook 2 minutes. Add greens; toss until barely wilted, about 1 minute. Sprinkle vinegar over and toss to blend; season with salt and pepper. Divide among 4 plates.

Sprinkle chicken with salt and pepper. Place panko in shallow bowl; press chicken into panko to coat on both sides. Heat oil in another large skillet over medium-high heat. Add chicken and sauté until cooked through and golden, about 4 minutes per side. Place chicken atop greens and serve with mayonnaise.

*/ Available in the Asian foods section of some supermarkets and at Asian markets.

——————6

## LEMON FETTUCCINE WITH BROCCOLI AND PANCETTA "CROUTONS"

4 SERVINGS

*Thick slices of pancetta are cubed and fried for the tastiest croutons ever.*

- 4 ounces ¼- to ⅓-inch-thick slices pancetta (Italian bacon) or thick-cut bacon slices, cut into ¼- to ⅓-inch cubes
- 5½ cups 1-inch broccoli florets (from 1 pound broccoli crowns)
- 9 ounces fresh or dried fettuccine
- ¼ cup (½ stick) butter, melted
- ¼ cup olive oil
- 1 tablespoon finely grated lemon peel
- 2 teaspoons fresh lemon juice
- 2 teaspoons fresh thyme leaves
- ½ cup freshly grated Parmesan cheese

Sauté pancetta in heavy medium skillet over medium-high heat until almost crisp and brown. Transfer to paper towels.

Cook broccoli in large pot of boiling salted water until crisp-tender but still bright green, about 3 minutes. Using slotted spoon, transfer broccoli to medium bowl. Add pasta to same boiling water; cook until tender, stirring occasionally.

Drain pasta; return to same pot. Add next 5 ingredients. Toss over low heat to coat. Add pancetta, broccoli, and cheese; toss to blend. Season pasta with pepper.

TEST-KITCHEN TIP/ **If thinly sliced pancetta is all that's available, don't dice it. Just crumble it coarsely after sautéing.**

———————7

## BUTTERY STEAMED MUSSELS WITH *SAKE* AND CHILES

4 SERVINGS

*Asian flavors add some heat to the classic French dish* moules marinières.

- 5 tablespoons butter, divided
- 2½ cups chopped green onions (about 10 large)
- 1 cup chopped fresh cilantro
- 1 cup sake
- 6 Thai bird chiles with seeds or 3 small serrano chiles with seeds, sliced crosswise into thin rounds
- 2 teaspoons soy sauce
- 3 large garlic cloves, pressed
- 2½ pounds mussels, scrubbed, debearded

Melt 3 tablespoons butter in large pot over medium-high heat. Add green onions and sauté until beginning to soften, about 2 minutes. Add next 5 ingredients. Bring to boil. Add mussels. Cover pot and increase heat to high. Cook until mussels open, 5 to 6 minutes.

Divide mussels among bowls (discard any mussels that do not open). Boil juices in pot to reduce slightly, about 1 minute. Whisk in remaining 2 tablespoons butter. Season sauce to taste with salt and pepper. Spoon sauce over mussels; serve.

————————8

## NEW CHICKEN PARMESAN

4 SERVINGS

*How can you possibly improve chicken Parm? By coating the chicken breasts in grated Parmesan instead of breadcrumbs.*

- ⅓ cup extra-virgin olive oil
- 2 large garlic cloves, pressed
- ½ teaspoon salt
- 1 12-ounce container grape tomatoes
- 1½ teaspoons dried oregano
- Large pinch of dried crushed red pepper
- 4 skinless boneless chicken breast halves (about 6 ounces each)
- 1¼ cups finely grated Parmesan cheese, divided
- 6 ounces fresh mozzarella cheese in water, drained, thinly sliced

Preheat oven to 500°F. Whisk first 3 ingredients in large bowl. Place tomatoes in medium bowl; mix in 2 tablespoons garlic oil, then oregano and crushed red pepper. Add chicken to large bowl with remaining garlic oil and turn to coat.

Place 1 cup Parmesan in pie dish. Dip 1 side of each chicken piece into cheese to coat; arrange chicken, cheese side up, on 1 half of large rimmed baking sheet. Scatter tomatoes on other half of sheet.

Roast chicken until just cooked through and firm to touch, about 10 minutes. Arrange mozzarella slices atop chicken. Return to oven; roast until cheese melts, 1 to 2 minutes. Transfer chicken and tomatoes to 4 plates. Sprinkle with remaining ¼ cup Parmesan cheese.

—————————9

## FRIED-EGG CAESAR WITH SUN-DRIED TOMATOES AND PROSCIUTTO BREADSTICKS

4 SERVINGS

*In this new take on the Caesar, fried eggs top the salad, and fish sauce replaces the usual anchovy fillets.*

- 8 thin slices prosciutto, each halved lengthwise
- 8 long thin breadsticks (grissini)
- 1 12-ounce package hearts of romaine, torn coarsely (about 16 cups)
- ¾ cup drained marinated oil-packed sun-dried tomatoes (from 8.5-ounce jar), each halved
- ½ cup finely grated Parmesan cheese plus more for sprinkling
- 8 tablespoons olive oil, divided
- 2 tablespoons fresh lemon juice
- 1 teaspoon fish sauce (such as nam pla or nuoc nam) or ¾ teaspoon anchovy paste
- 1 small garlic clove, pressed
- 4 large eggs

Spiral wrap 1 slice (2 halves) of prosciutto around each breadstick.

Combine romaine, tomatoes, and ½ cup cheese in large bowl. Whisk 7 tablespoons oil and next 3 ingredients in small bowl. Season with salt and pepper; toss with salad. Divide among plates.

Heat remaining 1 tablespoon oil in large nonstick skillet over medium-high heat. Drop eggs into skillet. Cook until whites are firm and yolks are cooked to desired consistency but remain slightly runny. Top each salad with 1 fried egg. Sprinkle eggs with more Parmesan cheese; serve with prosciutto breadsticks.

——————————10

## BBQ ONION AND SMOKED GOUDA QUESADILLAS WITH PEA SHOOT MINI SALAD

MAKES 4

*You can find crisp, delicate pea shoots in the spring at farmers' markets, Asian markets, and some specialty foods stores.*

- 6 tablespoons olive oil, divided
- 1 pound onions, peeled, halved, thinly sliced
- ⅓ cup purchased barbecue sauce
- 2 tablespoons water
- 8 8-inch-diameter flour tortillas
- 8 ounces coarsely grated smoked Gouda cheese (about 2 cups packed)
- ⅓ cup chopped fresh cilantro
- 2 ounces pea shoots or pea sprouts or 1 small bunch trimmed watercress
- 1 teaspoon hot pepper sauce

Preheat oven to 300°F. Heat 3 tablespoons oil in large nonstick skillet over high heat. Add onions and sauté until almost soft, about 5 minutes. Add barbecue sauce and 2 tablespoons water. Stir until onions are evenly coated, about 2 minutes.

Place 4 tortillas on work surface. Sprinkle ¼ of cheese, then ¼ of cilantro and ¼ of onions on each tortilla. Top each with second tortilla and press to adhere.

Brush skillet with 1 teaspoon oil; heat over medium-high heat. Add 1 quesadilla; cook until cheese is melted, about 2 minutes per side. Place on baking sheet in oven. Repeat with remaining quesadillas.

Cut each quesadilla into quarters; arrange 4 quarters on each plate. Toss pea shoots in medium bowl with 5 teaspoons oil, hot sauce, and pinch of salt. Serve salad with quesadillas.




6 LEMON FETTUCCINE WITH BROCCOLI AND PANCETTA "CROUTONS"

7 BUTTERY STEAMED MUSSELS WITH *SAKE* AND CHILES

8 NEW CHICKEN PARMESAN

9 FRIED-EGG CAESAR WITH SUN-DRIED TOMATOES AND PROSCIUTTO BREADSTICKS

10 BBQ ONION AND SMOKED GOUDA QUESADILLAS WITH PEA SHOOT MINI SALAD




11 SPICY THAI TOFU WITH RED BELL PEPPERS AND PEANUTS

12 CURRIED PEA FRITTATA WITH FRESH TOMATO CHUTNEY

13 ROASTED COD ON LARGE GARLIC CROUTONS

14 CHOPPED VEGGIE SALAD WITH WATERMELON AND FETA CHEESE

15 GARLIC-MISO PORK CHOPS WITH ORANGE BELL PEPPER AND ARUGULA

11

## SPICY THAI TOFU WITH RED BELL PEPPERS AND PEANUTS

4 SERVINGS

- ⅓ cup olive oil
- 2 large red bell peppers, seeded, thinly sliced
- 3 tablespoons minced peeled fresh ginger
- 3 large garlic cloves, finely chopped
- 1 14- to 16-ounce package extra-firm tofu, drained well, cut into 1-inch cubes
- 3 green onions, thinly sliced on diagonal
- 3 tablespoons soy sauce
- 2 tablespoons fresh lime juice
- ½ to ¾ teaspoon dried crushed red pepper
- 1 6-ounce bag baby spinach leaves
- ⅓ cup chopped fresh basil
- ⅓ cup lightly salted roasted peanuts

Heat oil in wok over high heat. Add bell peppers, ginger, and garlic; sauté until peppers just begin to soften, about 2 minutes. Add tofu and green onions; toss 2 minutes. Add next 3 ingredients. Toss to blend, about 1 minute. Add spinach in 3 additions, tossing until beginning to wilt, about 1 minute for each addition. Mix in basil. Season with salt and pepper. Sprinkle peanuts over.

12

## CURRIED PEA FRITTATA WITH FRESH TOMATO CHUTNEY

4 SERVINGS

*Indian flavorings give this vegetarian main some extra pizzazz.*

- 1 12-ounce container grape tomatoes
- 1 tablespoon (packed) dark brown sugar
- 1 teaspoon ground cumin
- 1 small garlic clove, peeled
- 1 ⅛-inch-thick round peeled fresh ginger, chopped
- 8 large eggs
- ¼ cup freshly grated Parmesan cheese
- 2 teaspoons curry powder
- ¼ teaspoon (generous) salt
- 3 tablespoons olive oil
- 2 green onions, chopped
- 1 cup frozen peas, thawed

Preheat broiler. Place tomatoes, brown sugar, cumin, garlic, and ginger in processor. Using on/off turns, blend just until tomatoes are coarsely chopped. Transfer chutney to small bowl; reserve processor bowl. Season chutney to taste with salt and pepper.

Place eggs in processor. Add cheese, curry powder, and salt and blend well.

Heat oil in large broilerproof nonstick skillet over medium-high heat. Add green onions and peas. Sauté until onions wilt, about 1 minute. Add egg mixture. Cook until top is almost set and bottom is golden, lifting edges to let uncooked egg flow underneath, about 7 minutes.

Place frittata in broiler until top is set, about 1 minute. Run heatproof rubber spatula around frittata to loosen and slide out onto plate. Serve warm or at room temperature with tomato chutney.

13

## ROASTED COD ON LARGE GARLIC CROUTONS

4 SERVINGS

*Bruschetta becomes a main course when it's topped with roasted fish.*

- 1 pound plum tomatoes, cored, diced
- ½ cup finely chopped red onion
- 5 anchovy fillets, minced
- 3 large garlic cloves (2 minced, 1 halved)
- 4 7- to 8-ounce cod fillets or other white fish fillets (such as halibut; about 1 inch thick)
- 5 tablespoons olive oil, divided
- 4 ½-inch-thick slices country white bread
- ½ cup fresh basil leaves

Preheat oven to 475°F. Combine first 3 ingredients in large bowl. Add minced garlic and stir to blend. Season tomato mixture to taste with salt and pepper.

Arrange fish on rimmed baking sheet. Brush both sides with 2 tablespoons oil; sprinkle with salt and pepper. Roast until just opaque in center, about 8 minutes.

Meanwhile, heat remaining 3 tablespoons oil in heavy large skillet over medium-high heat. Add tomato mixture. Cook until tomatoes soften and sauce thickens, stirring occasionally, about 5 minutes; season with salt and pepper.

Toast bread; rub 1 side with cut side of halved garlic. Top with tomato sauce, basil leaves, fish, and more sauce.

14

## CHOPPED VEGGIE SALAD WITH WATERMELON AND FETA CHEESE

4 SERVINGS

*This type of chopped salad was once common breakfast fare in Israel.*

- 1 pound Campari or plum tomatoes, diced, drained
- 1½ cups diced seeded watermelon
- 1 large green bell pepper, seeded, cut into ⅓-inch cubes
- ½ large English hothouse cucumber, seeded, cut into ⅓-inch cubes
- ½ cup very thinly sliced radishes
- 3 tablespoons olive oil, divided
- 10 ounces feta cheese, broken into small cubes (about 2½ cups), divided
- 2 green onions, chopped, divided
- ¼ cup thinly sliced fresh mint leaves, divided
- ½ cup plain Greek-style yogurt*
- 1 teaspoon dried oregano

Toss first 5 ingredients and 2 tablespoons oil in large bowl. Add half each of cheese, green onions, and mint. Mix remaining cheese, green onions, mint, and oil in processor; add yogurt and oregano. Process just to blend (do not overmix or dressing will get thin). Season dressing with salt and pepper; mix into salad.

*/ A thick yogurt; sold at some supermarkets and at specialty foods stores (such as Trader Joe's and Whole Foods Markets) and Greek markets. If unavailable, place regular yogurt in cheesecloth-lined strainer set over large bowl. Cover and chill overnight to drain.

INGREDIENT TIP/ **Campari tomatoes are about the size and shape of golf balls. They're sold on the vine, and they're available at many supermarkets.**

15

## GARLIC-MISO PORK CHOPS WITH ORANGE BELL PEPPER AND ARUGULA

4 SERVINGS

- 4 ¾-inch-thick pork rib chops
- 2 large garlic cloves, pressed
- ⅓ cup white miso (fermented soybean paste)*
- 3 tablespoons dry Sherry
- 3 tablespoons olive oil, divided, plus more for drizzling
- 2 cups (packed) baby arugula
- 1 orange bell pepper, seeded, thinly sliced
- 1 tablespoon unseasoned rice vinegar

Place pork in large shallow dish. Spread garlic thinly on all sides of chops, then spread miso generously over. Sprinkle with Sherry and let stand 5 minutes.

Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Add pork. Sauté until just cooked through, about 5 minutes per side.

Meanwhile, combine arugula and bell pepper in medium bowl. Add 2 tablespoons oil and vinegar; toss to coat. Season salad with salt and pepper.

Place 1 pork chop on each of 4 plates. Serve with salad; drizzle with any pan juices and more oil, if desired.

*/ Also known as *shiro miso;* available in the refrigerated Asian foods section of some supermarkets and at natural foods stores and Japanese markets. /■

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*Rozanne Gold is the author of* Cooking 1-2-3 *and* Kids Cook 1-2-3.

FOOD STYLING AND PROP STYLING BY SUSIE THEODOROU

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PHOTOGRAPHY BY
DAVE LAURIDSEN

TEXT BY
NINA ELDER

PRODUCED BY
KARIN FITTANTE



# everything on the grill

A CONNECTICUT couple lights up a summer evening with dinner over the coals

**OPPOSITE:** For a quick and easy appetizer, Arnold West tosses shrimp with olive oil and a little chopped rosemary, then puts the skewers on the grill just before guests arrive (recipe on page 105). **THIS PAGE:** Because the party's on the patio, Arnold (in apron) and his wife, Nadine Francis West, can keep an eye on dinner while visiting with their guests.

**MENU FOR 12**

Grilled Sesame-Eggplant Dip with Pita Wedges

Grilled Shrimp with Rosemary

SPARKLING ROSÉ

Grilled Pork Tenderloin with Jamaican Spices

Chutney

Grilled Green Beans and Baby Potatoes

Spinach Salad with Bacon and Brown-Sugar Walnuts

PINOT NOIR

Grilled Rum-Basted Pineapple with Sorbet

Cookies

*Recipes begin on page 105.*

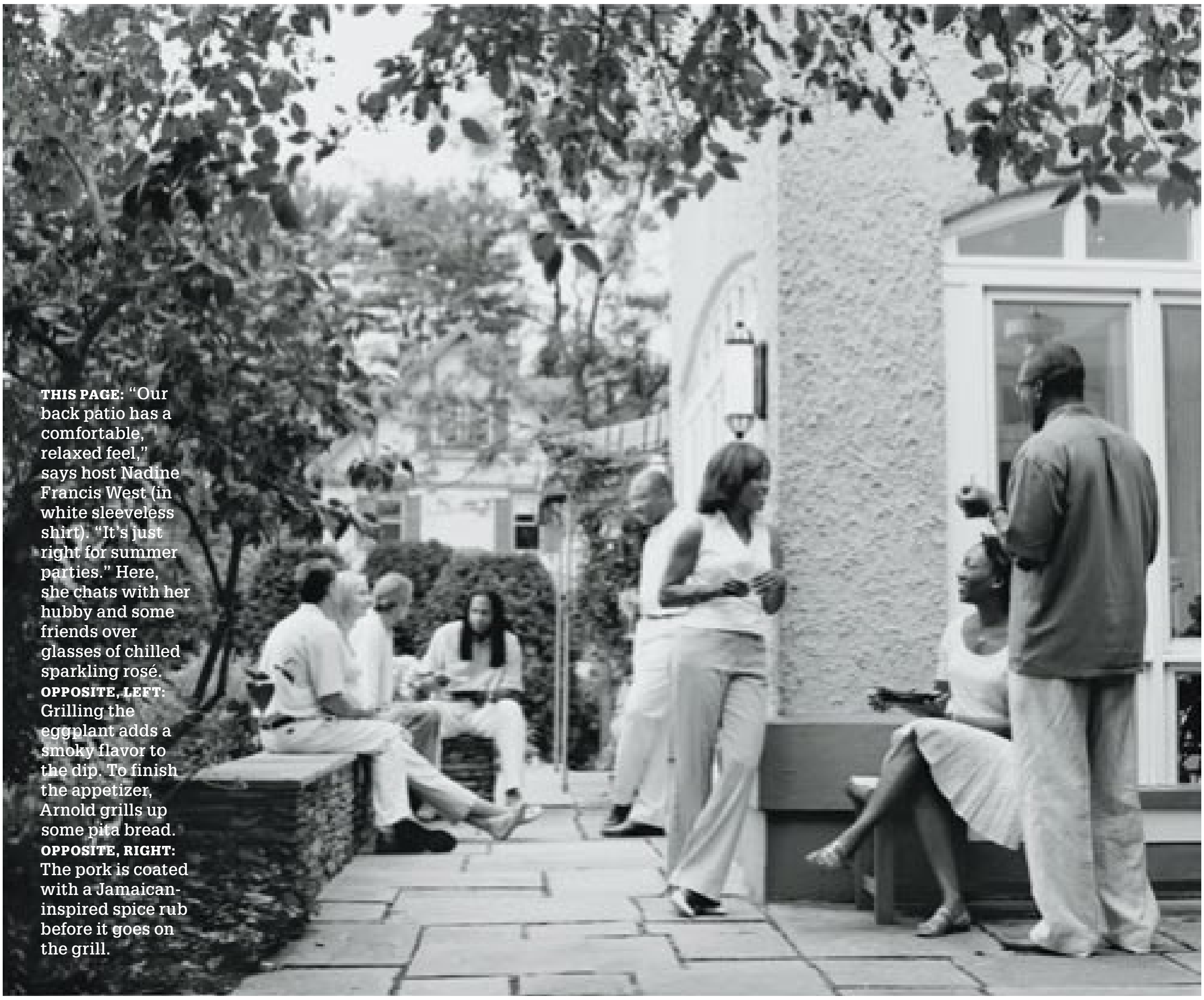
**WHO:**
## NADINE FRANCIS WEST AND ARNOLD WEST

**OCCUPATIONS:**
She's a lawyer; he's an investment adviser.

**PARTY PHILOSOPHY:**
"Having a dinner party is all about the experience," says Nadine. "Make a timeline and think about how everything will go together—from the menu to the music."

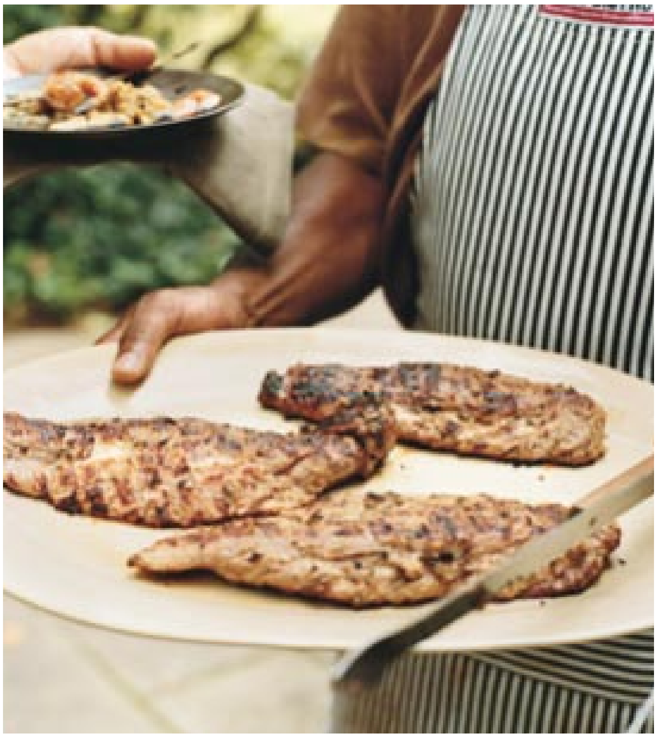
WHEN THE WEATHER WARMS UP AND their garden is in bloom, Nadine Francis West and Arnold West know just what to do—fire up the grill. The Hartford, Connecticut, couple spends many a summer weekend in the backyard with friends. "The weather is just perfect, you have a glass of wine, and dinner is cooking on the grill," says Nadine. "What could be better?"

Tonight, the couple has invited a few people over for a laid-back garden party. To keep things easy, Nadine makes her favorite spinach salad, and Arnold cooks everything else (eggplant, shrimp, pork tenderloin, the pineapple for dessert) outside on the grill. The streamlined menu keeps Nadine and Arnold out of the kitchen and leaves plenty of time for the most important part of the evening: visiting. "When you come to a party at our house, you're expected to come over and settle in," says Nadine.



**THIS PAGE:** "Our back patio has a comfortable, relaxed feel," says host Nadine Francis West (in white sleeveless shirt). "It's just right for summer parties." Here, she chats with her hubby and some friends over glasses of chilled sparkling rosé. **OPPOSITE, LEFT:** Grilling the eggplant adds a smoky flavor to the dip. To finish the appetizer, Arnold grills up some pita bread. **OPPOSITE, RIGHT:** The pork is coated with a Jamaican-inspired spice rub before it goes on the grill.





## grilled sesame-eggplant dip with pita wedges

MAKES ABOUT 3 CUPS/

3 1¼-pound eggplants
1½ tablespoons Asian sesame oil
1½ cups chopped green onions (about 6), divided
4 garlic cloves, chopped
1½ tablespoons chopped peeled fresh ginger
1½ tablespoons soy sauce
1½ tablespoons unseasoned rice vinegar
1 tablespoon chili-garlic sauce*
½ cup chopped fresh cilantro, divided
8 pita breads

Place eggplants on preheated grill or directly over gas burner on stove. Grill until skin is blackened and cracked and eggplant is tender and collapsing, turning occasionally, about 25 minutes. Transfer to baking sheet and cool briefly.

Cut eggplants in half. Scoop flesh into large sieve set over bowl; discard skins. Drain at least 30 minutes and up to 1 hour. Place eggplant in large bowl; mash finely.

Heat sesame oil in large skillet over medium-high heat. Add 1¼ cups green onions, garlic, and ginger. Sauté until onions soften, about 2 minutes. Add eggplant; mix in soy sauce, vinegar, and chili-garlic sauce. Cook until heated through, stirring occasionally, about 2 minutes. Mix in ⅓ cup cilantro. Season with salt and pepper. **DO AHEAD** Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.

Toast pita breads on preheated grill or directly over gas burner on stove until beginning to char. Cut into wedges. Transfer to bowl.

Place eggplant dip in another bowl. Sprinkle with remaining green onions and cilantro. Serve with pita wedges.

*/ Available in the Asian foods section of many supermarkets and at Asian markets.

**WHAT TO DRINK**/ Nadine likes to start her parties with a glass of sparkling wine. With the starters, try a rosé. The Iron Horse 2003 Brut Rosé ($50) is a good choice.

## grilled shrimp with rosemary

12 SERVINGS/ *With only three ingredients, this recipe couldn't be easier. Serving the shrimp on a bed of rosemary sprigs makes this dish pretty enough for a party.*

36 large shrimp, peeled, deveined
2 tablespoons olive oil
5 teaspoons chopped fresh rosemary plus whole sprigs for garnish

Combine shrimp, oil, and chopped rosemary in large bowl; toss to coat. **DO AHEAD** Can be made 1 day ahead. Cover and chill.

Prepare barbecue (medium-high heat). Line platter with fresh rosemary sprigs as bed for shrimp. Thread 3 shrimp on each of 12 metal skewers. Sprinkle with salt and pepper. Grill until shrimp are just opaque in center, about 2 minutes per side. Arrange skewers atop rosemary.

## grilled pork tenderloin with jamaican spices

12 SERVINGS/ *Nadine grew up in Kingston, so she likes to incorporate Jamaican flavors into her cooking. Round out the entrée with grilled potatoes and green beans: Boil baby potatoes and parboil green beans; toss the halved cooled potatoes and the green beans with a little olive oil; grill until the potatoes are hot and crusty and the green beans char slightly (place green beans perpendicular to grate); sprinkle with salt and pepper.*

9 tablespoons extra-virgin olive oil
9 tablespoons fresh lime juice
6 1-inch-long pieces peeled fresh ginger
1½ tablespoons salt
1 tablespoon ground allspice
1 tablespoon ground coriander
1 tablespoon freshly ground black pepper
3 1- to 1¼-pound pork tenderloins
Purchased chutney

Blend olive oil, lime juice, ginger, salt, allspice, coriander, and black pepper in processor until coarse paste forms. Place tenderloins on work surface. Cut each

## PARTY PLANNER

**1 DAY AHEAD:**
Marinate shrimp and pork; cover separately and refrigerate.

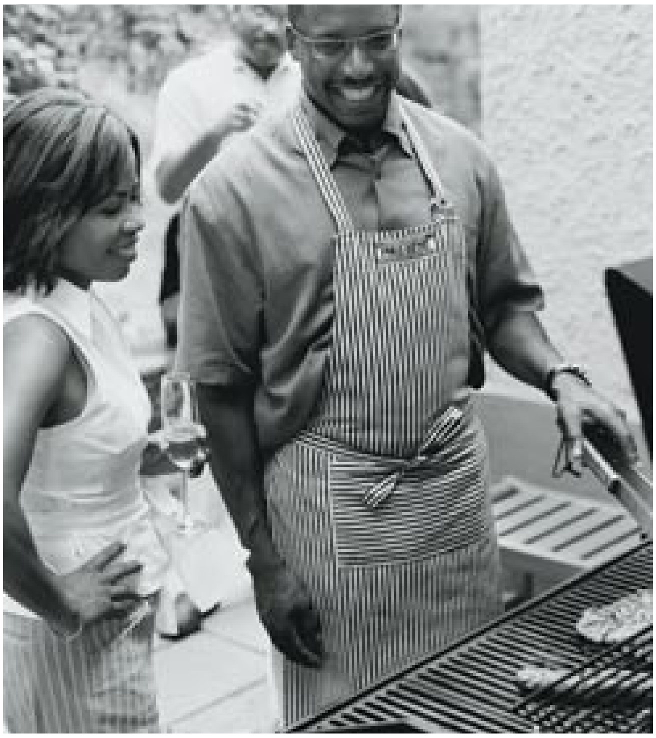
Scoop sorbet onto baking sheet and freeze.

Make eggplant dip; cover and refrigerate.

**1 HOUR AHEAD:**
Grill pita breads for chips to serve with eggplant dip.

**JUST BEFORE THE PARTY:**
Throw shrimp skewers on grill.

**DURING APPS ON THE PATIO:**
Grill the pork tenderloin and the potatoes and green beans.





**ABOVE:** Tonight, Nadine is in charge of party prep and salad, while Arnold mans the grill. **RIGHT:** A fresh spinach salad tossed with a white wine vinaigrette is the perfect pairing for the grilled meat and veggies. **OPPOSITE, LEFT:** Candied walnuts add sweetness and crunch to the salad. **OPPOSITE, RIGHT:** Dessert (grilled rum-basted pineapple) comes together in less than five minutes.




lengthwise almost in half, leaving about ¾ inch intact. Press each tenderloin open like a book. Spread seasoning paste all over each. Arrange on rimmed baking sheet. Let tenderloins stand at room temperature at least 1 hour, or cover and refrigerate up to 1 day.

Prepare barbecue (medium-high heat). Grill pork until thermometer inserted into thickest part registers 140°F to 145°F, about 6 minutes per side. Transfer to platter. Let pork rest 15 minutes. Cut pork crosswise into ½-inch-thick slices and serve with chutney.

**WHAT TO DRINK/** With the pork, pour a Pinot Noir. The raspberry and spice flavors of the Domaine Drouhin 2006 Pinot Noir ($45) from Oregon would be great with this dish.

## spinach salad with bacon and brown-sugar walnuts

**12 SERVINGS/** *Coarsely torn basil leaves add a fresh flavor to a classic spinach salad.*

- 2 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- 1½ teaspoons chopped fresh thyme
- 1 garlic clove, minced
- 6 tablespoons olive oil
- 8 bacon slices, coarsely chopped
- 10 cups (packed) fresh spinach leaves (about 10 ounces)
- 1¼ cups (packed) fresh basil leaves, coarsely torn
- 1 12-ounce container grape tomatoes
- Brown-Sugar Walnuts (see recipe)

Whisk white wine vinegar, Dijon mustard, chopped thyme, and minced garlic in medium bowl to blend. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.

Cook bacon in large skillet over medium-high heat until brown and crisp. Using slotted spoon, transfer to paper towels to drain. Combine spinach, basil, and tomatoes in large bowl. Add bacon and most of walnuts. Toss with enough dressing to coat. Sprinkle with remaining walnuts and serve.

## brown-sugar walnuts

**MAKES 1 CUP/** *The sweet-savory walnuts are great in the salad, but they're also terrific on their own. Consider making a double batch.*

- 2 tablespoons (¼ stick) unsalted butter
- 3 tablespoons (packed) dark brown sugar
- ¼ teaspoon salt
- ⅛ teaspoon ground allspice
- 1 cup walnut halves
- 1 tablespoon robust-flavored (dark) molasses

Melt butter in medium skillet over medium heat. Add sugar, salt, and allspice. Stir until sugar dissolves and syrup bubbles. Add walnuts. Stir until syrup coats nuts, about 2 minutes. Add molasses; toss to coat, about 1 minute longer. Transfer nuts to sheet of foil; cool.

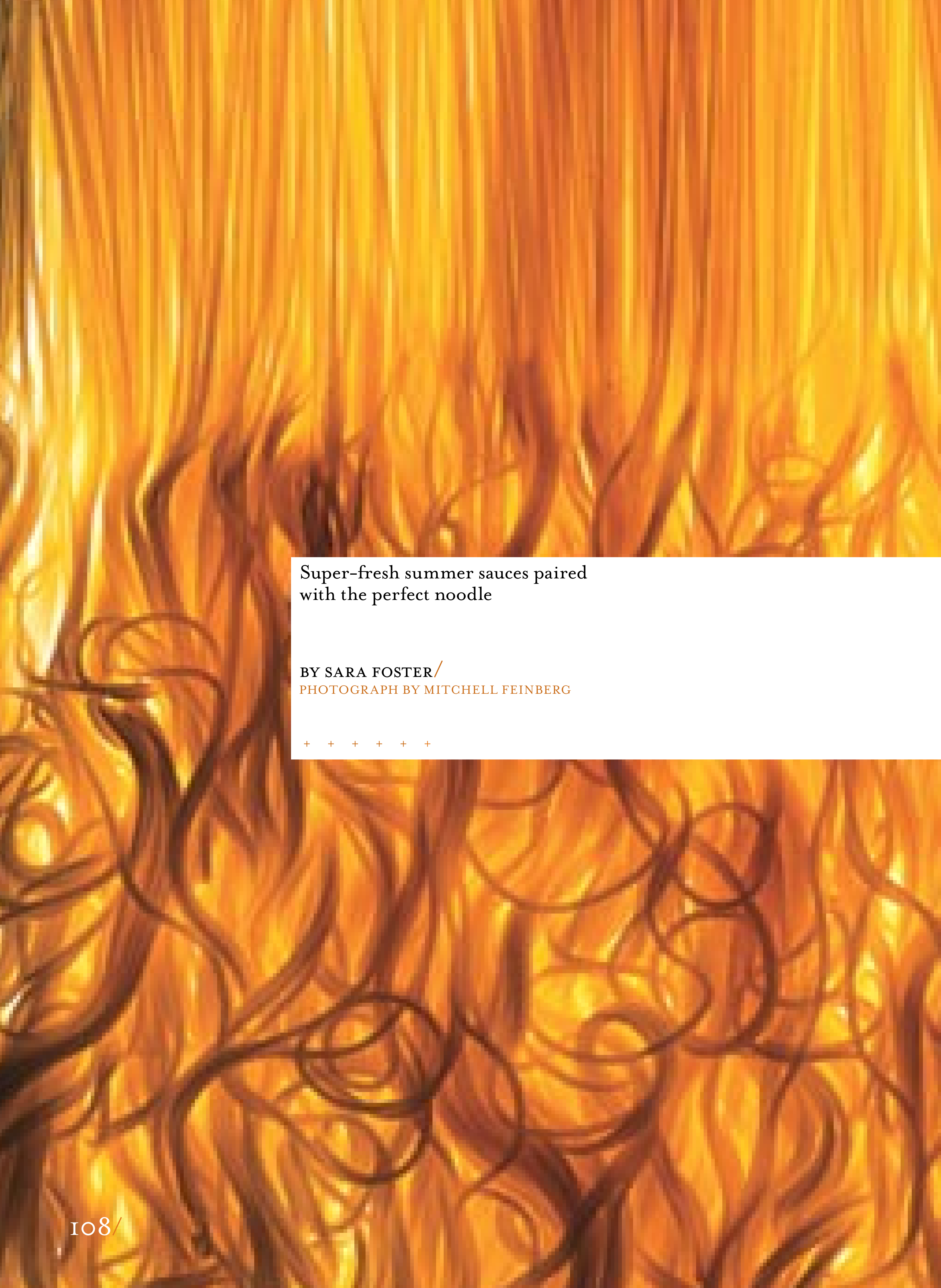
## grilled rum-basted pineapple with sorbet

**12 SERVINGS/**

- 2 pineapples, peeled, sliced crosswise into ½-inch-thick rounds
- Dark rum
- Assorted sorbets (such as passion fruit, mango, coconut, and raspberry)
- Fresh mint sprigs
- Cookies

Prepare barbecue (medium-high heat). Place pineapple on grill; cook until just heated through, about 1 minute per side. Brush generously with rum; grill 1 minute longer on each side. Transfer to plates; brush with rum. Top each pineapple round with small scoops of sorbet; garnish with mint. Serve with cookies.

**TEST-KITCHEN TIP/** To make things easier, prep the sorbet ahead of time. Make mini scoops using a melon baller that's been dipped into hot water. Place the scoops on a rimmed baking sheet and freeze until ready to serve. /■



Super-fresh summer sauces paired with the perfect noodle

BY SARA FOSTER/
PHOTOGRAPH BY MITCHELL FEINBERG



# pasta in a new light

FOOD STYLING AND PROP STYLING BY SARA JANE CRAWFORD



## orzo with grilled shrimp, summer vegetables, and pesto vinaigrette

6 SERVINGS/

Serve this cold or at room temperature—perfect for a picnic or barbecue.

+ ORZO

- 8 ounces orzo (about 1⅓ cups)
- 6½ tablespoons extra-virgin olive oil, divided
- 4 tablespoons red wine vinegar, divided
- 2 medium zucchini or summer squash (about 9 ounces total), cut lengthwise into ¼-inch-thick slices
- 1 red or yellow bell pepper, quartered
- 3 tablespoons purchased pesto
- 2 tablespoons fresh lime juice
- 1 pound uncooked large shrimp, peeled, deveined
- 2 heirloom tomatoes (8 to 10 ounces total), cored, cut into ½-inch cubes (about 2 cups)
- ½ cup thinly sliced fresh basil leaves plus sprigs for garnish
- 1 8-ounce ball fresh mozzarella cheese, cut into ½-inch cubes

/ Cook orzo in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain. Rinse with cold water; drain well. Transfer to large bowl and toss with 1 tablespoon oil.

/ Prepare barbecue (medium-high heat). Whisk 2 tablespoons oil and 2 tablespoons vinegar in small bowl. Brush zucchini and bell pepper with oil mixture, then sprinkle with salt and pepper. Whisk pesto, lime juice, remaining 3½ tablespoons oil, and remaining 2 tablespoons vinegar in small bowl for pesto vinaigrette. Place shrimp in medium bowl. Add 2 tablespoons pesto vinaigrette; toss to coat.

/ Grill zucchini and bell pepper until crisp-tender, about 3 minutes per side for zucchini and 4 minutes per side for bell pepper. Transfer to work surface. Sprinkle shrimp with salt and pepper; grill until charred and cooked through, 2 to 3 minutes per side. Place shrimp in bowl with orzo. Chop zucchini and bell pepper; add to bowl with orzo. Add remaining vinaigrette, tomatoes, sliced basil, and mozzarella; toss to combine. Season to taste with salt and pepper.

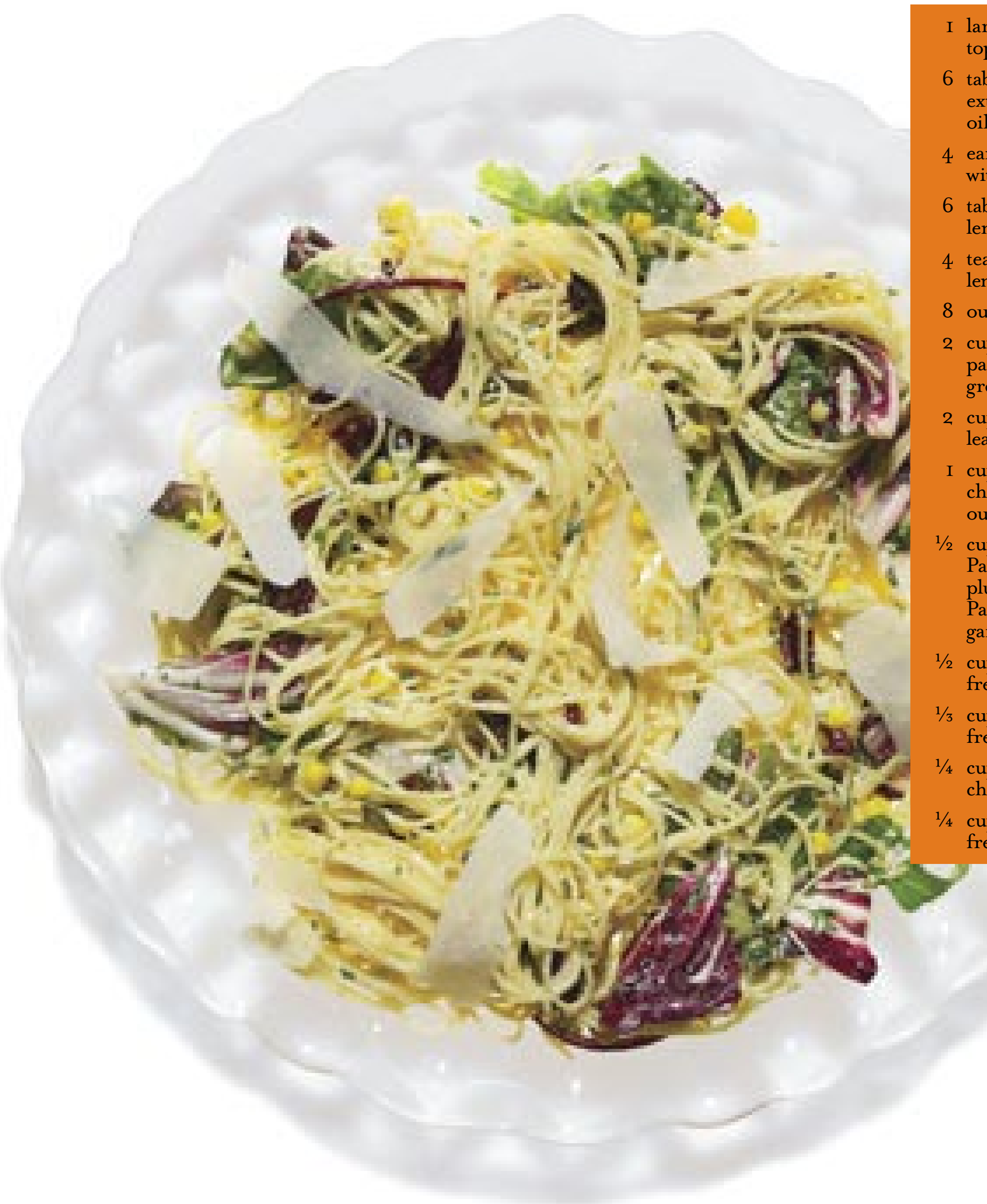
DO AHEAD Can be made 2 hours ahead. Cover; chill.

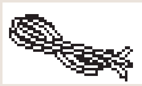
/ Garnish with basil sprigs and serve cold or at room temperature.

## capellini with fresh ricotta, roasted garlic, corn, and herbs

6 SERVINGS/

Fresh ricotta cheese (available at some supermarkets and at Italian markets) and good-quality olive oil are the keys to this great salty-sweet dish.





+ CAPELLINI

- 1 large head of garlic, top ½ inch cut off
- 6 tablespoons extra-virgin olive oil, divided
- 4 ears of fresh corn with husks
- 6 tablespoons fresh lemon juice
- 4 teaspoons grated lemon peel
- 8 ounces capellini
- 2 cups (loosely packed) mixed greens
- 2 cups torn radicchio leaves
- 1 cup fresh ricotta cheese (7 to 8 ounces)
- ½ cup finely grated Parmesan cheese plus shaved Parmesan for garnish
- ½ cup chopped fresh parsley
- ⅓ cup thinly sliced fresh basil leaves
- ¼ cup chopped fresh chives
- ¼ cup chopped fresh dill

/ Preheat oven to 400°F. Place head of garlic on sheet of foil. Drizzle with 2 tablespoons oil; wrap foil around garlic and crimp to seal tightly. Place garlic and corn on rimmed baking sheet. Bake until corn is tender and garlic is soft, about 25 minutes for corn and 40 minutes for garlic. Cool slightly.

/ Squeeze garlic out of skins into large bowl; add any oil from foil. Add lemon juice, lemon peel, and 3 tablespoons oil; mash garlic, then whisk mixture. Shuck corn; cut kernels from cob and transfer to same bowl.

/ Meanwhile, cook pasta in pot of boiling salted water until tender but still firm to bite. Drain. Rinse with cold water; drain well. Place in medium bowl; toss with 1 tablespoon oil. Using kitchen shears, cut pasta crosswise several times.

/ Add pasta, greens, radicchio, ricotta, grated Parmesan, and herbs to bowl with garlic mixture; toss to coat. Season with salt and pepper. Garnish with shaved Parmesan.

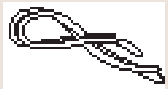
PHOTOGRAPHY BY TOM SCHIERLITZ

## sesame soba noodles with cucumber, bok choy, and mixed greens

6 SERVINGS/

In this Asian take on summer pasta, noodles are tossed with a lovely orange-peanut dressing and tons of fresh vegetables.





\+ SOBA

- ½ cup fresh orange juice
- ¼ cup creamy peanut butter
- 2 tablespoons unseasoned rice vinegar
- 2 tablespoons chopped peeled fresh ginger
- 2 tablespoons fresh lime juice
- 1 tablespoon finely grated orange peel
- 1 tablespoon soy sauce
- 2 garlic cloves, peeled
- 1½ teaspoons finely grated lime peel
- 2 teaspoons dried crushed red pepper, divided
- ⅓ cup canola oil
- 8 ounces soba noodles
- 1 teaspoon Asian sesame oil
- 3 cups (loosely packed) mixed baby greens
- 2 heads of baby bok choy, cored, thinly sliced crosswise
- 1 English hothouse cucumber, cut into matchstick-size strips
- 3 green onions, cut into matchstick-size strips
- ⅓ cup chopped fresh cilantro plus sprigs for garnish
- 2 tablespoons chopped fresh mint
- Salted roasted peanuts

/ Puree first 9 ingredients and 1 teaspoon red pepper in blender until smooth. With machine running, gradually add canola oil through opening in lid. Season dressing to taste with salt and pepper.

**DO AHEAD** Can be made 1 day ahead. Cover and chill. Bring to room temperature before continuing.

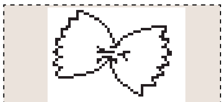
/ Cook soba noodles in large pot of boiling salted water until tender but still firm to bite. Drain. Rinse with cold water; drain well. Using kitchen shears, cut noodles crosswise in 2 to 3 places. Drizzle noodles in strainer with sesame oil and toss to coat.

/ Place greens, bok choy, cucumber, green onions, chopped cilantro, and mint in large bowl. Add 1 teaspoon red pepper, dressing, and noodles; toss to coat. Season to taste with salt and pepper. Garnish with cilantro sprigs and peanuts and serve.

## farfalle with chicken, tomatoes, caramelized onions, and goat cheese

4 TO 6 SERVINGS/

This pasta is loaded with appealing flavors: sweet onions and tomatoes, tangy goat cheese, earthy spinach.



+ FARFALLE

- 2 tablespoons olive oil
- 2 large red onions, thinly sliced
- 2 tablespoons Sherry wine vinegar
- 1 teaspoon sugar
- 8 ounces farfalle
- 1 cup dry white wine
- 1 cup low-salt chicken broth
- 6 heirloom tomatoes, cored, chopped (about 5 cups)
- 2 cups shredded cooked chicken (from ½ rotisserie chicken)
- ½ cup thinly sliced basil leaves
- 2 tablespoons chopped fresh marjoram
- 3 cups baby spinach
- 3 ounces soft fresh goat cheese, crumbled

/ Heat oil in heavy large skillet over medium-high heat. Add onions; sprinkle with salt and cook until beginning to brown, stirring often, about 8 minutes. Reduce heat to medium-low. Stir in vinegar and sugar; cook until onions are browned, stirring often, about 15 minutes. Transfer caramelized onions to bowl; reserve skillet.

/ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain.

/ Add wine to reserved skillet. Boil until reduced to ½ cup, 3 minutes. Add pasta, onions, broth, and next 4 ingredients. Season with salt and pepper. Stir over medium heat to warm through, about 3 minutes.

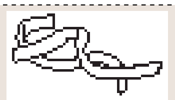
/ Divide spinach among plates. Spoon pasta over spinach. Top with crumbled goat cheese.



## linguine with herb broth and clams

4 SERVINGS/

The pasta is extra flavorful because it's cooked in the herb broth. Serve with warm rustic bread.



+ LINGUINE

- ¼ cup (½ stick) butter
- 2 tablespoons olive oil
- 2 onions, chopped
- 6 garlic cloves, peeled, smashed
- 2 medium tomatoes, cored, chopped
- 3 cups dry white wine
- 1 cup (or more) water
- 3 pounds Manila clams or small littleneck clams, scrubbed
- ⅓ cup thinly sliced fresh basil leaves
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh oregano
- 2 pinches of dried crushed red pepper
- 8 ounces linguine

/ Melt butter with olive oil in heavy large pot over medium heat. Add onions and cook until soft, stirring often, about 5 minutes. Add garlic and stir 1 minute. Add tomatoes and cook until beginning to soften, stirring often, about 2 minutes. Add white wine and 1 cup water and bring to boil. Reduce heat to low, cover, and simmer 20 minutes to blend flavors.

**DO AHEAD** Broth can be made 1 day ahead. Cool slightly, then cover and refrigerate.

/ Bring broth to boil. Add clams, cover, and cook until clams open, 3 to 5 minutes (discard any clams that do not open). Transfer clams to large bowl; tent with foil to keep warm.

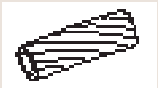
/ Stir basil, parsley, oregano, and crushed red pepper into broth in pot. Add linguine. Boil until pasta is almost tender but still very firm to bite, stirring often and adding water by tablespoonfuls if too dry. Return clams with any accumulated juices to pot. Cover and simmer until clams are heated through and pasta is tender but still firm to bite, about 3 minutes longer. Season to taste with salt and pepper.

/ Transfer linguine and clam mixture to large shallow platter and serve.

## rigatoni with spicy sausage-tomato sauce, arugula, and parmesan

6 SERVINGS/

This classic meat sauce gets some oomph from peppery arugula. A real crowd-pleaser.



+ RIGATONI

- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 garlic cloves, chopped
- 2 pounds fresh hot Italian sausages, casings removed
- ½ cup dry red wine
- 1 28-ounce can diced tomatoes in juice
- 1 28-ounce can crushed tomatoes with added puree
- 8 ounces rigatoni
- 2 cups (packed) fresh arugula, stemmed
- ½ cup thinly sliced fresh basil leaves
- 1 tablespoon chopped fresh oregano
- ½ cup freshly grated Parmesan cheese



*Sara Foster is the founder of Foster's Market in Durham and Chapel Hill, North Carolina. She's also the co-author of* Sara Foster's Casual Cooking.

/ Heat oil in heavy large pot over medium heat. Add onion; sauté until translucent, about 4 minutes. Add garlic; stir 1 minute. Add sausage; cook until browned, breaking up with back of spoon, about 5 minutes. Drain drippings from pot. Add wine, diced tomatoes with juice, and crushed tomatoes; increase heat and bring to boil. Reduce heat to low and simmer 30 minutes to blend flavors, stirring occasionally. DO AHEAD Can be made 1 day ahead. Cool slightly. Refrigerate uncovered until cool, then cover and keep chilled. Rewarm over medium heat before continuing.

/ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain.

/ Stir pasta, arugula, basil, and oregano into tomato sauce. Simmer until arugula wilts, stirring often, about 2 minutes. Season with salt and pepper. Transfer to large bowl. Sprinkle with Parmesan. /■

FOOD STYLING BY BRIAN PRESTON-CAMPBELL

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BY LIZ WELCH / PHOTOGRAPHY BY JOÃO CANZIANI



# MISSISSIPPI **FOODIE** ROAD TRIP



ABE DAVIS AT ABE'S BAR-B-Q IN CLARKSDALE.

I KNOW I'D RATHER HAVE A GOOD HONEST FRIED ONION RING FEEL TO MY BOOKS THAN SOME KIND OF OLD FANCY-ANTSY PÂTÉ DE FOIE GRAS FEEL, WHICH ONLY HAS LIVER IN IT. I THINK WE IN THE SOUTH KNOW WHAT I MEAN."

**DAY 1 /** The southern author Roy Blount, Jr., wrote the above inscription on a poster that hangs on the wall at Hal & Mal's, the 1920s freight-depot-turned-restaurant in Jackson, Mississippi, where my five-day Delta foodie road trip begins. Martha Foose, executive chef at The Viking Cooking School, based in Greenwood, Mississippi, and author of the cookbook *Screen Doors and Sweet Tea,* is waiting for me at the bar. "Hey, gal," she hollers in that fast-paced southern way where every sentence sounds like a punch line will follow. "I hope you packed some Zantac and Clearasil!"



A voice deadpans from behind: "And drawstring pants!" Lynda Posey has just arrived from Laurel, Mississippi, 90 minutes south, where she's known for her cooking classes at the Commerce Street Market and as actress Parker Posey's mom. Both Southerners and chefs, they have agreed to travel with me in search of the Delta's finest food. And I already sense that much of it will have a "deep-fried onion ring feel" to it.

We start at Hal & Mal's, where Martha's photo hangs alongside those of B. B. King, Emmylou Harris, and Willie Morris, all of whom have eaten here. Martha was also a waitress here back in 1988 and has been coming back ever since. Hal, brother to onetime front man Mal, is the chef and well known for his soup. We begin with gumbo, an ode to his Aunt Myrtis, who trapped crabs from her houseboat. It arrives teeming with crabmeat, fat shrimp, and smoky chunks of andouille sausage. The oyster bisque is velvety-smooth, while the grilled bacon and pimiento cheese sandwich packs a punch: Diced jalapeño pepper gives the sharp cheddar, mayonnaise, and pimiento spread a spicy twist.

Full-bellied, we head north toward Satartia. On State Highway 433, the Delta begins to unfurl: flat land forever carpeted with cotton fields, interrupted by an occasional bog where cypress trees rise out of the water, draped in Spanish moss like craggy monsters in loose-knit shawls.

We pass Yazoo City's Hines Broadlake Grocery, where you can get pulled-pork sandwiches and smoked ribs for lunch, and drive to Louise to pick up some Hoover Sauce at Lee Hong Company. Former proprietor Hoover Lee, Chinese-born, grew up in this town of 300 people, where he was mayor from 1973 to 1997. "I'd bring barbecue sauce to fire department dinners," he says. "Soon enough, people started asking for my sauce." He sells mason jars and plastic quarts filled with his marinade, which gives meats and fish what he calls "that Cantonese roast-duck flavor."

Our next stop is Belzoni, the "catfish capital of the world"—60 percent of the nation's farm-raised catfish are produced in this area. Martha points out The Varsity, a '50s-era restaurant that still sells thick milk shakes, and then a roadside snow-cone stand that doubles as a gravestone purveyor. "That," Martha says, "sums up the Delta!"

A mix of magical and macabre, the Delta is a land of juxtapositions. B. B. King was born here, as was Jim Henson, who imagined Kermit the Frog in the local creek. It's the poorest part of the United States, yet has produced some of our richest writers (Tennessee Williams, Eudora Welty), musicians (Robert Johnson, Muddy Waters), and desserts (Mississippi Delta fudge pie).

It's also home to the Viking Range Corporation, based in Greenwood, the former cotton capital of the world. In its heyday, Greenwood had its own cotton exchange and department stores that sold fur coats. Today, Viking sells stainless steel six-burner ranges, gourmet cooking classes, and some of Mississippi's finest food. At Delta Fresh Market, chef Taylor Bowen Rickett serves up fried green tomatoes with "comeback sauce"—think Thousand Island dressing with a chile-oil kick. The lamb shank, which she marinates for two days with cinnamon and cloves, is seared a perfect pink and placed on top of cheddar cheese grits. Stunning.

**THIS PAGE:** State Highway 7. **OPPOSITE:** Whole pompano, scored and grilled and served in a vinegary sauce at Lusco's in Greenwood. Lynda Posey at Lusco's. View of the Delta from State Highway 7 outside Belzoni.

**DAY 2 /** The day begins with a double latte at the Mockingbird, which boasts "the only espresso within 200 miles." Martha opened the bakery—now owned by Viking Hospitality Group—with her husband, Donald Bender, who makes breads, bagels, and biscuits daily. A few doors down, at The Mississippi Gift Company, I consider buying a Delta Delicacy caramel cake, made by local schoolteachers Adrian Tribble and Gwen Toomey, but opt for the Classic Cheese Straws and a jar of Sussie's Pecan Pepper Jelly.

Heading west on Highway 82, we stop at the Indianola Pecan House to sample an array of flavored pecans, from chocolate-dipped to cinnamon-roasted or rosemary-dusted. By now it's lunchtime, and The Crown Restaurant is packed. I order Catfish Allison, which is baked in a mayonnaise-butter-Parmesan crust, sprinkled with Tabasco, and broiled a smoky brown. Lynda gets the poached catfish salad, dressed with a



DAY 2



DAY 2

DAY 1



light mayonnaise, which leaves her more room for the pie buffet. Unable to choose among the Mississippi Delta fudge, coconut macaroon, and lemon chess pies, we have a sliver of each.

Our dinner reservation is at Lusco's back in Greenwood, which has been run by the same family for four generations. The restaurant was once a speakeasy; dingy floral curtains still line the long hallway to conceal individual dining rooms, each equipped with a service bell, left over from Prohibition days, when Charles Lusco sold moonshine. These days, you bring your own liquor or wine (go to The Delta Cellar). We buzz the waiter only to ask for more broiled shrimp, which are bathed in a tangy Worcestershire-based sauce and served with slices of garlic toast to sop up every last drop. Lusco's is famous for its steaks and onion rings, but I opt for the pompano, presented whole and perfectly charred and served with a fluffy spinach soufflé.

**DAY 3** / I start with a four-mile run on Greenwood's Money Road past Little Zion Missionary Baptist Church, one of the three sites where blues musician Robert Johnson is allegedly buried—Quito and Morgan City have similar claims. The run is a precursor to the sausage-egg biscuit at Mattie's Place. By the time I get to her soul-food spot, Mattie Smith is already working on her buffet lunch—fried chicken, turnip greens, yams, and black-eyed peas. Lynda and I also split a fried chicken breast, and thus begins our day of fried food.

We head to Leland and pull into Fratesi Brothers Grocery, whose window signage claims that both ammunition and crawfish are sold there. The place is packed with craggy-faced farmers, their baseball hats perched high on their heads like tiaras. Mark Fratesi is the cook and hunter whose trophies decorate the place: An eight-point buck head hangs in one corner, a ten-pound bass in another. He serves a handmade-sausage-stuffed pork chop every day; on Saturdays, it's "chicken on a stick"—a chicken thigh or breast skewered with a bell pepper and an onion and then deep-fried. I order the "olive po' boy"—nuggets of mozzarella stuffed with a black olive, then deep-fried and served on a hoagie with Mark's marinara sauce. Ridiculous and delicious.

Even though we have a 7:00 p.m. reservation at Doe's Eat Place in Greenville, we decide to scope out Sherman's Restaurant, a family-run establishment recommended by Lynda Posey's friend. Owner Charles Sherman is turning out excellent dishes, like lemon fish smothered in a light crawfish cream sauce. Lynda bites into a fried dill pickle and says it's the best she's ever eaten. The lemon icebox pie earns high scores, too—a tangy-sweet-tart custard offset by a graham cracker crust.

At Doe's, the owner's wife, "Sug" (short for "Sugar Doo") Signa, takes us to our table, where we start with broiled shrimp, plump and garlicky. Martha joins us, reminding us to save room for steak. We order a two-and-a-half pound large and a two-pound "small"—"for the ladies," our waitress explains.

The large steak arrives first: so big it hangs off each side of the plate, and so tender you can cut it with a butter knife. This explains the inscription on country singer Rebecca Lynn Howard's head shot, which is pinned to the kitchen wall: "To Doe's: Thanks for making me fat."

**DAY 4** / I opt for a fruit plate at The Alluvian Hotel and Spa's breakfast buffet, where fluffy scrambled eggs, perfectly cooked bacon, biscuits, and a "scone of the day" are offered. Lynda heard that the best jelly doughnuts in the South can be found at Delta Donut, in Clarksdale, at the same Highway 49-Highway 61 crossroad where Robert Johnson allegedly sold his soul to the devil.

The doughnut shop is closed, alas, and I am distraught. But just down the road, the Lebanese diner Chamoun's Rest Haven lifts my spirits. Chafik and Louise Chamoun emigrated to Clarksdale in 1954. Paula, our waitress and their daughter, explains, "My mama was 16 when she married my daddy—it was arranged, but it worked out." In more ways than one: Rest Haven's *kibbie* is considered a Clarksdale specialty—patties of spiced lean ground beef mixed with cracked wheat that can be eaten fried, baked, or raw. I order mine baked and stuffed with pine nuts and almonds; Lynda goes for fried and drizzled with hummus. We finish with a slice of Paula's homemade coconut pie, which is piled with three inches of frothy meringue and sprinkled with toasted coconut. One bite, and I forget all about the doughnuts.

There's lots to check out in Clarksdale: the Delta Blues Museum; Tennessee Williams's childhood home; and local folk art and an extensive blues collection at Cat Head Delta Blues & Folk Art. At Abe's Bar-B-Q, I pick up a bottle of Abe's barbecue sauce, from a family recipe dating back to 1924, which Abe uses on his ribs and pulled-pork sandwiches. His tamales—barbecued pork encased in a moist cornmeal crust, wrapped

**OPPOSITE:** A barbecued pork sandwich and fried okra at Fratesi Brothers Grocery in Leland. Mississippi Delta fudge pie at The Crown Restaurant in Indianola. Tommie "T-Bone" Pruitt and the Rhythm Rockers at Ground Zero Blues Club in Clarksdale.

## WHERE TO STAY

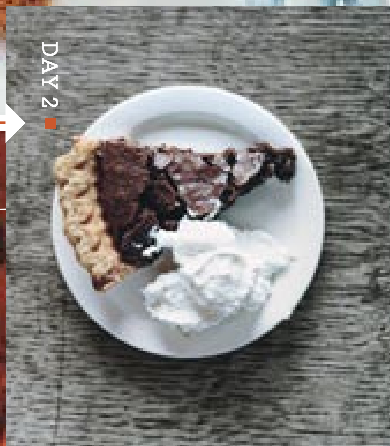
If you're looking for high-thread-count linens, wireless Internet, and a top-notch all-you-can eat breakfast buffet, book at **THE ALLUVIAN HOTEL AND SPA,** Viking Hospitality Group's chic boutique hotel in downtown Greenwood. *318 Howard Street; 866-600-5201; thealluvian.com*

For a more authentic Delta experience, **TALLAHATCHIE FLATS** consists of old shotgun shacks complete with kitchens and lovingly outfitted in vintage furniture. *58458 County Road 518, Greenwood; 866-933-5287; tallahatchieflats.com*

**SHACK UP INN,** on the old Hopson Plantation, consists of funky studio apartments, a perfect crash pad for blues lovers and just down the road from Abe's Bar-B-Q and Delta Donut. *001 Commissary Circle, off Highway 49, Clarksdale; 662-624-8329; shackupinn.com*



DAY 3

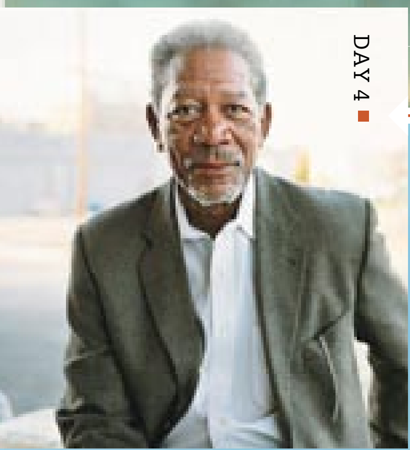


DAY 2




DAY 4





DAY 4

DAY 1

DAY 3



and steamed in corn husks—are the best I've eaten on the trip.

Local celebrity Morgan Freeman opened Madidi with partner Bill Luckett so they'd have a nice place to eat whenever Morgan visited his home. We go for dinner, and it's upscale and elegant: The arugula salad is dressed with a simple sesame vinaigrette; the sea bass is seared, drizzled with roasted pumpkin sauce, and served on a bed of cauliflower hash. Double espressos get us to Ground Zero, Freeman's nearby blues club, which is hopping. As Martha points out, "Dancing your ass off is the best way to stay slim in the Delta."

**DAY 5 /** On our final day, Lynda and I head to Oxford—more hill country than Delta, but not to be missed. Martha meets us for breakfast at the Bottletree Bakery, where we nibble on crystallized-ginger scones and individual-size blackberry "humble pies."

Square Books, just down the road, has an entire William Faulkner section, appropriate since Rowan Oak, his home, is a ten-minute walk away. Another Mississippi native, Dan Latham, opened L&M's Kitchen and Salumeria after training with Mario Batali. We order a sampling of his cured meats: Salami is cured with fennel and allspice; *guanciale* with sugar and thyme; pancetta with a local bay leaf; and the house bacon in brown sugar, salt, and pepper, making it both savory and sweet. Everything on the brunch menu is stellar, from the balsamic-drizzled sweet potato and currant bruschetta to the fluffy scrambled eggs that accompany the seared and pan-roasted quail stuffed with lemon zest risotto. It is the best breakfast yet.

**▪ OPPOSITE: Fratesi Brothers Grocery's fried okra, tater babies, and onion rings. Local celebrity Morgan Freeman on the porch of Ground Zero Blues Club in Clarksdale. Cotton fields outside Belzoni on State Highway 7.**

As is our dinner, the last one of our trip. Oxford mayor and Square Books owner Richard Howorth recommended the Yocona River Inn, which is ten miles outside Oxford. He is waiting for us outside with his wife, Lisa, an art historian working on a novel. Six fluffy black puppies scamper around their feet, and Lisa points to a handwritten sign in the restaurant window: "Free puppy with slice of Key Lime Pie."

This cozy restaurant has wood-paneled walls and two glass cases that display original copies of Julia Child cookbooks. Lisa orders the steak, finished in a Burgundy, molasses, and sweet butter sauce, a dish the waiter claims "keeps the doors open and the lights on." One bite, and we understand why. I opt for the catfish, as I'd heard owner Paige Osborn was "the best fryer in Mississippi." Dipped in cornmeal and fried to crunchy perfection, the catfish remarkably maintains its delicate taste.

Though tempted, I decide against the Key lime pie. The puppies are cute, but my bag is already stuffed with Mississippi memorabilia. Besides, one more dessert, and I'd start lamenting that I hadn't packed drawstring pants. /■

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*Liz Welch is a contributing writer for* Glamour, Real Simple, *and* Inc.

## COCONUT MERINGUE PIE

8 SERVINGS/ *From Chamoun's Rest Haven diner in Clarksdale.*

- 1 refrigerated pie crust (half of 15-ounce package), room temperature
- 6 tablespoons plus ¾ cup sugar
- ¼ cup cornstarch
- 2 cups whole milk
- 5 large eggs, separated, room temperature
- ¼ cup (½ stick) unsalted butter, cut into 4 pieces
- 1½ teaspoons vanilla extract
- 1¾ cups sweetened flaked coconut, divided
- ¼ teaspoon cream of tartar

Preheat oven to 425°F. Unfold crust and press into 9-inch-diameter pie dish. Crimp edges. Pierce all over with fork. Bake until golden brown, piercing occasionally with fork if crust bubbles, about 12 minutes. Cool completely.

Whisk 6 tablespoons sugar and cornstarch in heavy medium saucepan. Whisk in milk and yolks. Add butter; whisk constantly over medium heat until custard begins to boil at edges. Remove from heat; whisk in vanilla. Pour custard into medium bowl; press plastic wrap directly onto surface to prevent skin from forming. Chill custard until cold, about 4 hours.

Sprinkle ¾ cup coconut over crust. Spoon custard over; smooth top. Sprinkle with ¾ cup coconut. Chill pie while preparing meringue.

Preheat oven to 425°F. Using electric mixer, beat egg whites and cream of tartar in large bowl until soft peaks form. Gradually beat in ¾ cup sugar, beating until stiff glossy peaks form. Spoon meringue over filling; spread all the way to edges to cover filling completely. Sprinkle remaining ¼ cup coconut over. Bake until meringue is golden brown in spots, about 12 minutes. Transfer to rack and cool. Chill pie at least 2 hours and up to 6 hours. Cut into wedges and serve.

## LEMON ICEBOX PIE

8 SERVINGS/ *This sweet lemon pie is from Sherman's Restaurant in Greenville.*

- 6 whole graham crackers
- ¼ cup (½ stick) unsalted butter, melted
- 18 vanilla wafer cookies
- 1 14-ounce can plus ⅔ cup sweetened condensed milk
- ½ cup fresh lemon juice
- 3 large eggs, separated, room temperature
- 1 cup sugar, divided
- 2 tablespoons cornstarch
- ⅔ cup water

Finely grind graham crackers in processor. Add melted butter and blend until moist crumbs form. Press crumbs onto bottom (not sides) of 9-inch-diameter glass pie dish. Arrange cookies, rounded side out and side by side, around sides of dish.

Preheat oven to 325°F. Whisk condensed milk, lemon juice, and yolks in medium bowl to blend. Let stand until thickened, about 15 minutes. Pour filling over crust. Bake pie 30 minutes.

While pie bakes, prepare meringue topping. Whisk ⅔ cup sugar and cornstarch in heavy small saucepan. Gradually whisk in ⅔ cup water. Bring to boil over medium-high heat, whisking frequently (mixture will thicken). Cool 10 minutes.

Using heavy-duty mixer, beat egg whites in large bowl until foamy. Gradually add ⅓ cup sugar, beating until soft peaks form. Beat in warm thick cornstarch mixture 1 tablespoon at a time. Beat until meringue forms glossy peaks.

Spoon meringue over hot filling; spread all the way to edges to cover filling completely.

Increase oven temperature to 350°F. Bake pie until meringue is golden brown in spots, about 18 minutes. Cool completely, then cover with cake dome and refrigerate overnight.

Cut pie into wedges.

FOR MORE DETAILS, SEE SOURCEBOOK.



# THE GARDEN PARTY

An easy, breezy summer supper that's great for cooking with friends

BY MARIA HELM SINSKEY
PHOTOGRAPHY BY CORAL VON ZUMWALT

MENU FOR /6




THE
bon appétit

# COOKING CLUB

No.

# VIII

*get together*
*get cooking*

**APPETIZER & FIRST COURSE/**

Mini Zucchini and Goat Cheese Tarts
Wild Arugula Salad with Garlic Croutons, Shaved Parmesan, and Lemon

**MAIN & SIDES/**

Black-Pepper-Roasted Duck Breasts with Grilled Plums
Basmati Rice with Sweet Onions and Summer Herbs
Sugar Snap Peas with Mint and Orange

**DESSERT/**

Meyer Lemon Semifreddo with Summer Berries

**DRINKS/**

Pinot Blanc
Malbec



APPETIZER & FIRST COURSE/

## mini zucchini and goat cheese tarts

6 SERVINGS/ *Purchased pie dough makes an almost-instant crust for the tiny tarts.*

- 1 refrigerated pie crust (half of 15-ounce package)
- 2½ pounds 1-inch-diameter zucchini, cut into 1/16- to 1/8-inch-thick rounds
- 1 teaspoon salt
- 2 tablespoons extra-virgin olive oil plus additional for drizzling
- 2 teaspoons chopped fresh lemon thyme or regular thyme
- 3 ounces soft fresh goat cheese, room temperature
- ¼ cup freshly grated Parmesan cheese

Line rimmed baking sheet with parchment paper. Place pie crust on floured work surface. Using 1½- to 1¾-inch cookie cutter or biscuit cutter dipped in flour, cut out 24 rounds; transfer to prepared sheet, spacing ½ inch apart. Place in freezer until dough is firm, about 30 minutes. **DO AHEAD** Can be made 1 day ahead. Cover; keep frozen.

Toss zucchini with 1 teaspoon salt in medium bowl. Let stand 15 minutes. Drain and pat dry. Place zucchini in another medium bowl; toss with 2 tablespoons olive oil and thyme. Sprinkle zucchini with pepper.

Preheat oven to 400°F. Spread goat cheese generously over each frozen dough round. Fold 3 to 4 zucchini slices in half and place in concentric circle atop 1 dough round, creating flower-like pattern. Repeat with remaining zucchini and dough (reserve any remaining zucchini for another use). Sprinkle with Parmesan. Bake until crusts are light golden, about 20 minutes. Transfer to platter. Drizzle lightly with additional olive oil. Serve warm or at room temperature.

**WHAT TO DRINK/** Pair the tarts with a Pinot Blanc. Try the Robert Sinskey 2007 Pinot Blanc, Carneros ($40), which has citrus and melon flavors.

## wild arugula salad with garlic croutons, shaved parmesan, and lemon

6 SERVINGS/

- 1 8-ounce piece ciabatta with crust (preferably day-old)
- 1 large garlic clove, peeled
- ¼ cup plus 3 tablespoons extra-virgin olive oil
- 6 ounces arugula (preferably wild; about 10 cups packed)
- 2 tablespoons (or more) fresh lemon juice
- 3 ounces Parmesan cheese, shaved into strips with vegetable peeler

Preheat oven to 400°F. Rub crust of bread with garlic clove. Tear bread into 1-inch pieces and place in large bowl; toss



Basmati Rice with Summer Herbs (recipe on page 128); Sugar Snap Peas (recipe on page 128); Roasted Duck Breasts with Plums

with ¼ cup olive oil. Sprinkle bread lightly with salt; arrange in single layer on rimmed baking sheet. Bake until golden and crisp around edges, about 10 minutes. Cool. **DO AHEAD** Can be made 4 hours ahead. Let stand at room temperature.

Place arugula in large bowl. Drizzle with 3 tablespoons olive oil and 2 tablespoons lemon juice, adding more lemon juice, if desired. Sprinkle with salt and pepper. Add ⅔ of croutons and half of Parmesan cheese and toss. Transfer to serving bowl; scatter remaining croutons and Parmesan cheese over and serve.

**INGREDIENT TIP/** Wild arugula is dark green with spiky leaves. It has a more intense flavor than that of regular arugula. You'll find wild arugula at farmers' markets and at some supermarkets.

**MAIN & SIDES/**

## black-pepper-roasted duck breasts with grilled plums

6 SERVINGS/ *The intense flavor of grilled plums is delicious with roasted duck.*

- 4 12- to 14-ounce boneless Muscovy duck breast halves, trimmed of excess fat
- 4 teaspoons chopped fresh thyme, divided
- 2 teaspoons freshly ground black pepper, divided
- 1½ teaspoons salt, divided
- 6 firm but ripe Santa Rosa plums or other purple plums, halved, pitted



1 tablespoon extra-virgin olive oil
½ teaspoon sugar

Using sharp knife, score skin of duck breasts in crisscross pattern (cut skin only; do not cut through meat), spacing cuts 1 inch apart. Sprinkle duck breasts on both sides with 1 teaspoon thyme, 1 teaspoon pepper, and 1 teaspoon salt. Cover and chill.

Prepare barbecue (medium-high heat). Toss plum halves, olive oil, sugar, 1 teaspoon thyme, remaining 1 teaspoon pepper, and ½ teaspoon salt in medium bowl. Grill plum halves, cut side down, until grill marks appear and plums begin to soften, about 4 minutes. Turn plums over and grill, skin side down, until skin begins to soften but plums still retain their shape, about 4 minutes. Transfer plums to bowl. Cover with foil and let stand while cooking duck.

Heat 2 large skillets over medium-high heat. Add 2 duck breasts, skin side down, to each skillet. Cook until skin is crisp and golden, about 7 minutes. Turn duck breasts over and cook to desired doneness, about 8 minutes longer for medium-rare. Remove from heat and let duck rest 5 minutes.

Thinly slice duck crosswise. Divide among plates. Place 2 plum halves alongside each serving. Drizzle any plum juices from bowl over. Sprinkle with 2 teaspoons thyme and serve.

**INGREDIENT TIP/** We use Muscovy duck breasts in this recipe because they are tender and full-flavored. Look for them fresh or frozen at some supermarkets or order them at dartagnan.com.

**WHAT TO DRINK/** A Malbec would be a great pairing for the duck. The Argentinean red wine has enough structure to stand up to the tannins in the plums. We like the fruity, floral Alamos 2006 Malbec ($14).

## basmati rice with sweet onions and summer herbs

6 SERVINGS/ *Stirring the fresh herbs into the hot rice preserves their flavor and releases their aroma.*

1½ cups basmati rice (about 10 ounces)
2 tablespoons (¼ stick) butter
2 cups chopped sweet onions (such as Vidalia or Walla Walla)
2½ cups water
1½ teaspoons salt
3 tablespoons finely chopped fresh Italian parsley
2 tablespoons finely chopped fresh dill
2 tablespoons finely chopped fresh tarragon

Rinse rice under cold water until water runs clear; set aside. Melt butter in large saucepan over medium-high heat. Add onions; sauté until translucent, about 5 minutes. Add rice, 2½ cups water, and 1½ teaspoons salt; bring to boil. Reduce heat to low, cover, and cook until rice is tender, about 15 minutes. Remove from heat and let stand, covered, 10 minutes. Stir in herbs. Season with pepper and more salt, if desired. Transfer to bowl and serve.

## sugar snap peas with mint and orange

6 SERVINGS/

12 ounces sugar snap peas, trimmed (about 3½ cups)
2 tablespoons (¼ stick) butter
1 tablespoon water
1½ tablespoons thinly sliced fresh mint leaves
½ teaspoon finely grated orange peel

Cook peas in large saucepan of boiling salted water for 2 minutes; drain. **DO AHEAD** Can be made 2 hours ahead. Let stand at room temperature.

Melt butter in medium skillet over medium-high heat. Whisk in 1 tablespoon water. Stir in mint and orange peel; add sugar snap peas and sauté just until heated through, about 1 minute. Season with salt and pepper. Transfer to bowl and serve.

## COOKING CLUB GAME PLAN

*How to pull off this menu with ease*

**DELEGATE/** Decide who will make which dish. Have the person who's hosting make the duck.
**COORDINATE/** This straightforward menu lends itself to cooking together as a group. To streamline the process, ask guests to bring their ingredients already prepped. Set out any equipment guests may need and preheat the oven.
**ASSIGN/** Ask any non-cooks in the group to bring the wine.



FOR PRODUCT DETAILS, SEE SOURCEBOOK.



Meyer Lemon Semifreddo with Summer Berries

FOOD STYLING BY LIESL MAGGIORE; PROP STYLING BY JENNIFER FLANAGAN

DESSERT/

## meyer lemon semifreddo with summer berries

8 TO 10 SERVINGS/ *This dessert is like a frozen mousse, which helps explain its name:* semifreddo, *or "half-frozen."*

- ½ cup sliced almonds, toasted
- 1¾ cups chilled heavy whipping cream
- 1¼ cups plus 2 tablespoons sugar
- 7 large egg yolks
- ½ cup fresh Meyer lemon juice or regular lemon juice
- 1 tablespoon plus 2 teaspoons finely grated Meyer lemon peel or regular lemon peel
- ¼ teaspoon salt
- 4 cups mixed fresh berries (such as raspberries, blackberries, blueberries, and quartered hulled strawberries)

Line 9x5x3-inch metal loaf pan with plastic wrap, leaving generous overhang. Sprinkle almonds evenly over bottom of pan. Using electric mixer, beat whipping cream in large bowl until soft peaks form. Refrigerate whipped cream while making custard.

Whisk 1¼ cups sugar, egg yolks, lemon juice, lemon peel, and salt in large metal bowl to blend. Set bowl over large saucepan of simmering water and whisk constantly until yolk mixture is thick and fluffy and instant-read thermometer inserted into mixture registers 170°F, about 4 minutes. Remove bowl from over simmering water. Using electric mixer, beat mixture until cool, thick, and doubled in volume, about 6 minutes. Fold in chilled whipped cream. Transfer mixture to prepared loaf pan and smooth top. Tap loaf pan lightly on work surface to remove air pockets. Fold plastic wrap overhang over top to cover. Freeze semifreddo until firm, at least 8 hours or overnight. **DO AHEAD** Semifreddo can be made 3 days ahead. Keep frozen.

Gently mix all berries and remaining 2 tablespoons sugar in large bowl. **DO AHEAD** Can be made 3 hours ahead. Cover and refrigerate.

Unfold plastic wrap from top of semifreddo and invert dessert onto platter; remove plastic wrap. Dip heavy large knife into hot water; cut semifreddo crosswise into 1-inch-thick slices. Transfer to plates; spoon berries alongside and serve. /■

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*Maria Helm Sinskey is the culinary director at Robert Sinskey Vineyards in Napa and the author of* The Vineyard Kitchen: Menus Inspired by the Seasons.

FIND ALL YOU NEED TO START YOUR OWN COOKING CLUB AT *bonappetit.com/go/cookingclub.*



# VERY

Nothing says June like cherries. Celebrate with these six delectable recipes—from sweet to savory.

**By Lori Longbotham/ Photography by Lisa Hubbard**



# CHERRY



LAMB RIB CHOPS WITH QUICK CHERRY PAN SAUCE

MESCLUN AND CHERRY SALAD WITH WARM GOAT CHEESE

# MESCLUN AND CHERRY SALAD WITH WARM GOAT CHEESE

**6 SERVINGS/**

Warm goat cheese rounds are a lovely contrast to the cool salad. Halved cherries add a fresh, sweet flavor.

- 2 tablespoons roasted almond oil or olive oil
- 2 tablespoons finely chopped shallot
- 2 tablespoons chopped fresh tarragon
- 1 tablespoon fresh lemon juice
- ¾ teaspoon finely grated lemon peel
- ¾ cup sliced almonds (about 3 ounces)
- 1 large egg
- 1 tablespoon water
- 1 11-ounce log soft fresh goat cheese, cut crosswise into 6 rounds
- 6 cups (packed) mixed baby greens or baby spinach
- 1 cup halved pitted fresh Bing cherries or other dark sweet cherries (about 7 ounces whole unpitted cherries)
- ½ cup 2x¼-inch strips fresh fennel bulb

● Preheat oven to 400°F. Whisk first 5 ingredients in small bowl. Season dressing generously with salt and pepper.

● Spread almonds on plate. Whisk egg and 1 tablespoon water in small bowl; sprinkle with freshly ground black pepper. Turn goat cheese rounds in egg mixture, then coat with sliced almonds, covering all sides. Place on rimmed baking sheet. **DO AHEAD** Dressing and goat cheese rounds can be made 4 hours ahead. Cover separately and chill. Bring dressing to room temperature and whisk before using.

● Bake goat cheese rounds until cheese is warm but not melted, about 10 minutes.

● Combine greens, cherries, and fennel in large bowl. Add dressing and toss to coat. Divide salad among 6 plates. Place 1 cheese round on each plate and serve.

# LAMB RIB CHOPS WITH QUICK CHERRY PAN SAUCE

**4 SERVINGS/**

The combination of cherry juice and fresh cherries gives the sauce its depth.

- 3 tablespoons all purpose flour
- ¾ teaspoon coarse kosher salt
- ½ teaspoon freshly ground black pepper
- 8 ¾- to 1-inch-thick lamb rib chops
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 medium red onion, halved, thinly sliced (about 2 cups)
- 1 cup unsweetened black cherry juice
- 1 cup halved pitted fresh Bing cherries or other dark sweet cherries (about 7 ounces whole unpitted cherries)
- ⅓ cup thinly sliced fresh basil, divided

● Preheat oven to 250°F. Mix flour, ¾ teaspoon coarse salt, and ½ teaspoon ground pepper on large plate. Lightly coat lamb chops with flour mixture; shake off excess. Melt butter with oil in large nonstick skillet over medium-high heat. Add lamb chops and cook to desired doneness, about 3 minutes per side for medium-rare. Transfer chops to baking sheet and keep warm in oven while preparing sauce (do not clean skillet).

● Add onion to same skillet and sauté 2 minutes. Add cherry juice and bring to boil, scraping up any browned bits. Boil until liquid is slightly reduced and onion is slightly softened, stirring frequently, about 4 minutes. Stir in cherries and half of basil and cook 1 minute. Season sauce to taste with salt and pepper.

● Place 2 lamb chops on each of 4 plates. Spoon sauce over. Sprinkle remaining basil over and serve.

**INGREDIENT TIP/** Look for unsweetened black cherry juice at the supermarket and natural foods stores.

COVER RECIPE

# CLASSIC SOUR CHERRY PIE WITH LATTICE CRUST

**8 SERVINGS/**

You've never had a cherry pie this good—an incredible sour cherry filling, a light and flaky crust, and vanilla ice cream to top it all off. If you can't find sour cherries, use sweet cherries and a little extra lemon juice instead.

**CRUST**

- 2½ cups unbleached all purpose flour
- 1 tablespoon sugar
- ¾ teaspoon salt
- 1 cup (2 sticks) chilled unsalted butter, cut into ½-inch cubes
- 5 tablespoons (or more) ice water

**FILLING**

- 1 cup plus 1 tablespoon sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 5 cups whole pitted sour cherries or dark sweet cherries (about 2 pounds whole unpitted cherries)
- 1 teaspoon fresh lemon juice (if using sour cherries) or 3 tablespoons fresh lemon juice (if using dark sweet cherries)
- ½ teaspoon vanilla extract
- 2 tablespoons (¼ stick) unsalted butter, cut into ½-inch cubes
- 1 tablespoon (about) milk
- Vanilla ice cream

**CRUST/** Whisk flour, sugar, and salt in large bowl to blend. Add butter and rub in with fingertips until small pea-size clumps form. Add 5 tablespoons ice water; mix lightly with fork until dough holds together when small pieces are pressed between fingertips, adding more water by teaspoonfuls if dough is dry. Gather dough together; divide into 2 pieces. Form each piece into ball, then flatten into disk and wrap in plastic. Refrigerate at least 30 minutes. **DO AHEAD** Can be made 2 days ahead. Keep chilled. Let dough soften slightly before rolling out.

**FILLING/** Position rack in lower third of oven and preheat to 425°F. Whisk 1 cup sugar, cornstarch, and salt in medium bowl to blend. Stir in cherries, lemon juice, and vanilla; set aside.

● Roll out 1 dough disk on floured surface to 12-inch round. Transfer to 9-inch glass pie dish. Trim dough overhang to ½ inch. Roll out second dough disk on floured surface to 12-inch round. Using large knife or pastry wheel with fluted edge, cut ten ¾-inch-wide strips from dough round. Transfer filling to dough-lined dish, mounding slightly in center. Dot with butter. Arrange dough strips atop filling, forming lattice; trim dough strip overhang to ½ inch. Fold bottom crust up over ends of strips and crimp edges to seal. Brush lattice crust (not edges) with milk. Sprinkle lattice with remaining 1 tablespoon sugar.

● Place pie on rimmed baking sheet and bake 15 minutes. Reduce oven temperature to 375°F. Bake pie until filling is bubbling and crust is golden brown, covering edges with foil collar if browning too quickly, about 1 hour longer. Transfer pie to rack and cool completely. Cut into wedges and serve with vanilla ice cream.

**MORE INFO/** For tips on buying and storing sour cherries, check out the "Seeing Red" box on page 134.

## SEEING RED

All you need to know about cherries—from shopping to pitting

**The Varieties**
Generally speaking, cherries are divided into two categories—sweet and sour (also known as tart or pie cherries).

• SWEET CHERRIES The most common sweet cherry is the Bing, which is a large, heart-shaped fruit with a dark-red skin. You may also see Lamberts, which look like small Bing cherries; Vans, deep-red, late-season cherries; or Rainiers, which have a delicate flavor and are golden with a pink blush.

• SOUR CHERRIES The most common varieties are the Montmorency—a medium-size, bright-red fruit—and the Morello, which has a reddish-black skin. Sour cherries are grown primarily in Michigan and usually are not available in supermarkets outside the upper Midwest. You may be able to find them fresh at your farmers' market, or you can order frozen sour cherries online from Gourmet Food Mall (cherrystop.gourmetfoodmall.com) or Friske Orchards in Michigan (apples-cherries.com).

**Shopping and Storing**
Choose cherries that are firm and plump with fresh, pliable stems. There should be no brown coloring around the base of the stem. Store in the refrigerator, unwashed (washing cherries before storing can cause them to spoil more rapidly).

**It's the Pits**
To pit whole cherries quickly, try a cherry pitter. In our Test Kitchen, we use the Oxo Good Grips Cherry/Olive Pitter ($12; oxo.com). It holds large cherries easily and has a splatter shield that protects you (and your countertop) from the staining cherry juices. If you don't have a cherry pitter, use a chopstick to push the pit through the fruit.

**The Cherry on Top**
Sure, cherries taste great, but scientists have found that they're good for you, too. Sweet cherries are high in potassium, vitamin C, and vitamin B complex. They also contain antioxidants that may help prevent heart disease and cancer and reduce the pain caused by arthritis and gout. Research indicates that sour cherries pack an even bigger nutritional punch. Not only do they have most of the same nutrients as sweet cherries, but they also are higher in vitamin A, and one study suggests they may have more than twice the antioxidants of sweet cherries. Plus, sour cherries contain melatonin, an antioxidant that may help regulate sleep patterns.

## RICOTTA PANCAKES WITH BROWN SUGAR-CHERRY SAUCE

MAKES ABOUT 16/

Egg whites give these pancakes their light texture. Ricotta cheese adds rich flavor. And the finishing touch? A delicious cherry sauce, which would also be great on waffles or vanilla ice cream.

**SAUCE**
- ½ cup (or more) water, divided
- 2 teaspoons cornstarch
- 1 tablespoon unsalted butter
- 2 cups halved pitted fresh Bing cherries or other dark sweet cherries (about 14 ounces unpitted cherries)
- 2 tablespoons (packed) golden brown sugar
- 1 tablespoon fresh lemon juice

**PANCAKES**
- ¾ cup unbleached all purpose flour
- 2 tablespoons sugar
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1⅓ cups whole-milk ricotta cheese
- 4 large egg yolks
- ½ cup whole milk
- 3 large egg whites
- Vegetable oil (for brushing)
- Plain Greek-style yogurt or plain regular yogurt (optional)

SAUCE/ Whisk ¼ cup water and cornstarch in small bowl. Melt butter in medium nonstick skillet over medium heat. Add cherries, ¼ cup water, and brown sugar; stir until sugar dissolves. Increase heat to medium-high; add cornstarch mixture and stir until mixture boils and thickens, adding water by tablespoonfuls if sauce is very thick, about 1 minute. Remove from heat; stir in lemon juice.

PANCAKES/ Whisk flour, sugar, baking powder, and salt in small bowl. Using electric mixer, beat ricotta cheese and egg yolks in large bowl at medium-high speed until light and fluffy, about 1 minute. Reduce mixer speed to low; add flour mixture alternately with milk in 2 additions each, beating just until blended and scraping down sides of bowl as needed.

● Using electric mixer fitted with clean beaters, beat egg whites in medium bowl until stiff but not dry. Fold ¼ of whites into ricotta mixture to lighten, then fold in remaining whites in 3 more additions.

● Heat griddle or large nonstick skillet over medium heat; brush griddle lightly with oil. Drop batter by generous ¼ cupfuls onto griddle; spread each pancake with offset spatula to form 3½-inch round. Cook until bubbles form on tops of pancakes and bottoms are golden, about 3 minutes. Turn pancakes over and cook until golden brown on bottoms, about 2 minutes.

● Transfer pancakes to plates. Top with cherry sauce and yogurt, if desired, and serve.

## CHERRY-CORNMEAL UPSIDE-DOWN CAKE

10 SERVINGS/

A little balsamic vinegar balances the sweetness of the cherries and enhances their flavor. Serve the cake with espresso or tea in the afternoon or with whipped cream or ice cream for dessert.

- ¾ cup (1½ sticks) unsalted butter, room temperature, divided
- ¼ cup (packed) dark brown sugar
- 2 teaspoons balsamic vinegar
- 3 cups whole pitted fresh Bing cherries or other dark sweet cherries (about 21 ounces whole unpitted cherries)
- 1¼ cups all purpose flour
- ¼ cup yellow cornmeal (preferably stone-ground medium grind)
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup sugar
- 2 large eggs, separated
- ¾ teaspoon vanilla extract
- ½ cup whole milk
- ¼ teaspoon cream of tartar

● Position rack in center of oven; preheat to 350°F. Combine ¼ cup butter with brown sugar and vinegar in 10- to 11-inch ovenproof skillet with 2-inch-high sides. Stir over medium heat until butter melts and sugar dissolves, about 2 minutes. Increase heat to high; add cherries and bring to boil. Remove from heat.

● Whisk flour, cornmeal, baking powder, and salt in medium bowl to blend. Using electric mixer, beat ½ cup butter in large bowl. Add sugar; beat until pale and fluffy, about 3 minutes. Beat in egg yolks and vanilla. Add flour mixture alternately with milk in 2 additions each, beating just until blended and occasionally scraping down sides of bowl. Using clean dry beaters, beat egg whites in another medium bowl until foamy. Add cream of




tartar and beat until whites are stiff but not dry. Using rubber spatula, fold ¼ of whites into batter to lighten slightly. Fold in remaining whites in 3 additions (batter will be thick). Spoon batter over cherries in skillet, then spread evenly with offset spatula to cover cherries.

• Bake cake until top is golden brown and tester inserted into center comes out clean, about 45 minutes. Cool in skillet on rack 5 minutes. Run spatula around edges of cake to loosen. Place large serving platter upside down atop skillet. Using pot holders or oven mitts, firmly hold platter and skillet together and invert. Leave skillet atop cake 5 minutes. Remove skillet. If necessary, rearrange any cherries that may have become dislodged. Let cake cool at least 45 minutes. Cut cake into wedges and serve slightly warm or at room temperature.

## CHERRY-LIME COBBLER WITH VANILLA CRÈME FRAÎCHE BISCUITS

**6 SERVINGS/**

In this modern take on cobbler, the biscuits are baked separately rather than on top of the filling. You can also serve this shortcake-style by splitting the biscuits and topping them with the filling and a generous dollop of crème fraîche.

**FILLING**

- ½ cup (packed) golden brown sugar
- 4 teaspoons cornstarch
- Pinch of salt
- ½ cup water
- 6 cups whole pitted fresh Bing cherries or other dark sweet cherries (about 2¾ pounds whole unpitted cherries)
- 1 tablespoon fresh lime juice
- ¾ teaspoon finely grated lime peel

**BISCUITS**

- 1¾ cups unbleached all purpose flour
- ¼ cup plus 1 tablespoon sugar
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1 cup crème fraîche or sour cream
- 1½ teaspoons pure vanilla paste or 2 teaspoons vanilla extract
- ¼ teaspoon finely grated lime peel
- 1 tablespoon (about) milk

**FILLING/** Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 450°F. Stir brown sugar, cornstarch, and salt in large nonstick skillet; stir in ½ cup water. Stir over medium heat until sugar and cornstarch dissolve. Add cherries; bring to boil, scraping sides of skillet and stirring frequently. Reduce heat to medium-low; simmer until mixture thickens, about 2 minutes. Remove from heat. Stir in lime juice and lime peel. Transfer filling to 11x7x2-inch glass baking dish. Place dish on rimmed baking sheet.

**BISCUITS/** Whisk flour, ¼ cup sugar, baking powder, and salt in medium bowl. Whisk crème fraîche, vanilla, and lime peel in small bowl. Add crème fraîche mixture to dry ingredients; stir with fork just until dough begins to come together. Turn dough out onto floured surface and knead just until dough holds together, about 6 turns. Gather dough into round; pat out to ½-inch thickness. Using 3-inch biscuit cutter or cookie cutter dipped in flour, cut out rounds. Gather dough scraps together; pat out to ½-inch thickness and cut out more dough rounds for a total of 6. Transfer rounds to another rimmed baking sheet; brush tops lightly with milk, then sprinkle with remaining 1 tablespoon sugar.

• Place cherries on baking sheet in bottom third of oven and biscuits in top third of oven. Bake until cherries are bubbling and biscuits are golden, about 17 minutes.

• Divide warm cherries among 6 bowls; top each with 1 biscuit and serve.

**INGREDIENT TIP/** **Vanilla paste is more concentrated and slightly thicker than vanilla extract, and includes the seeds of the vanilla bean. It's available at specialty foods stores and online from thespicehouse.com and amazon.com.** /■

*Lori Longbotham is a cookbook author and food writer. Her most recent book is* Luscious Creamy Desserts.

FOOD STYLING BY JEE LEVIN; PROP STYLING BY DEBORAH WILLIAMS

SEE MORE INCREDIBLE CHERRY RECIPES AT *bonappetit.com/go/slideshows.*

## CALENDAR

### through july/
**TASTE OF THE NATION**
*Nationwide*
This spring, Share Our Strength's Taste of the Nation rolls into its landmark 20th year of raising funds to fight childhood hunger. The series includes tastings, silent auctions, and black-tie dinners presented by A-list chefs like David Burke, Floyd Cardoz, and Mary Sue Milliken. A host of new cities will be taking part this year (including Palm Beach, Florida), and with more than 55 participating cities nationwide, chances are there's a good dinner for a good cause happening near you. Ticket prices vary./ *877-268-2783; tasteofthenation.org*

### june 7–14/
**BRADLEY COUNTY PINK TOMATO FESTIVAL**
*Warren, Arkansas*
For the sweet taste of summer's most popular crop, stop by the town square and visit one of the oldest festivals in the state. There will be food booths featuring local tomatoes—deep-fried and in BLTs—as well as a salsa competition and a celebrity tomato-eating contest. Admission is free./ *870-226-5225; bradleypinktomato.com*

### june 18–21/
**LONDON STRAWBERRY FESTIVAL**
*London, Ohio*
Celebrate the end of strawberry season in the little town of London, Ohio. Kids up to age four can compete in the Mr. and Miss Shortcake contest while adults enjoy live music (including some karaoke) and pick up goodies at the Strawberry Shop. Admission is free./ *740-852-1582; londonstrawberryfestival.com*

### june 27–28/
**LE FESTIVALE DE LA VIANDE BOUCANÉE**
*Ville Platte, Louisiana*
Ville Platte, the self-named "smoked meat capital of the world," is the place to be late June. Festivalgoers can sample the offerings of 150 professionals and backyard cooks alike. Wash it all down with beer and mixed drinks. Admission is $7./ *337-363-6700; smokedmeatfestival.com*

**~KAT ODELL AND ELISA HUANG**



A bite-sized treat from Leda's

BAKERIES

## l.a.'s cupcake couture/

No longer relegated to kids' birthday parties and school bake sales, the humble cupcake is finally getting the star treatment. Haute "cupcakery" shops have sprung up around Southern California, offering sweet handheld treats made with organic fruit preserves and high-quality, all-natural ingredients. Here's a guide to the best of L.A.'s sweet life.

**violet's cakes/** At this cute Pasadena bakeshop, Denise and Chris Weber are bringing back old-school style with hand-frosted cupcakes in retro flavors like blueberry cream cheese and French toast. On the summer menu (they change it up each season): a "Cherry Pie" cupcake with sugar-cookie batter, cherry pie filling, and a chocolate-dipped cherry on top. Cupcakes start at $2.50 each./ *626-395-9821; 21 East Holly Street, Pasadena; violetscakes.com*

**yummy cupcakes/** Co-owner Brogan Faye of Yummy Cupcakes in Burbank opened a second branch in Santa Monica to keep up with demand. Crowds line up for concoctions like the "Elvis," a peanut butter cupcake topped with chocolate and banana buttercream frosting and chopped nuts. Cupcakes are securely packed in takeaway boxes, so frosting stays perfectly intact. Prices range from $1.25 to $6.50 each./ *818-558-1080; 2918 West Magnolia Boulevard, Burbank; and 310-393-8283; 313 Wilshire Boulevard, Santa Monica; yummycupcakes.com*

**dots cupcakes/** Inside a small Pasadena storefront, Dots Cupcakes owner Hyo Kwon creates moist, tender batches of apple pie, Piña Colada, and chocolate-mint cupcakes decorated with sweet candy flowers. Especially popular is the red velvet cupcake, made with pure Mexican cocoa and cream cheese frosting. Prices range from $1.25 to $2.75 each./ *626-568-3687; 400 South Arroyo Parkway, Pasadena; dotscupcakes.com*

**leda's bake shop/** Looking for something even smaller? Leda's sells mini cupcakes filled with sweet surprises like chocolate ganache, strawberry cream, and dulce de leche. Each is beautifully presented, topped with airy buttercream and a delicate fondant whimsically shaped into a heart, star, or daisy. Vegan-friendly options are available. Prices range from $1.65 to $3.50 each./ *818-386-9644; 13722 Ventura Boulevard, Sherman Oaks; ledasbakeshop.com*

~DIANE CHANG

CALENDAR

## through july/
### TASTE OF THE NATION
*Nationwide*

This spring, Share Our Strength's Taste of the Nation rolls into its landmark 20th year of raising funds to fight childhood hunger. The series includes tastings, silent auctions, and black-tie dinners presented by A-list chefs like David Burke, Floyd Cardoz, and Mary Sue Milliken. A host of new cities will be taking part this year (including Santa Barbara, California), and with more than 55 participating cities nationwide, chances are there's a good dinner for a good cause happening near you. Ticket prices vary./ *877-268-2783; tasteofthenation.org*

## june 1–15/
### DINE ABOUT TOWN
*San Francisco*

For foodies on a budget, there's no better time to eat out than in early June. Popular San Francisco restaurants like A16, Foreign Cinema, and One Market will offer very affordable three-course prix fixe menus. Lunches are $22 and dinners are $32./ *onlyinsanfrancisco.com/dineabouttown*

## june 14–15/
### 28TH ANNUAL UPCOUNTRY AGRICULTURE & FARM FAIR
*Maui*

Each year, Hawaiians celebrate their *paniolo* (cowboy) culture with two days of food and entertainment. There will be a barbecue cook-off for professionals and backyard cooks alike, and plenty of opportunities to taste many Hawaiian specialties. Other events include a livestock show and auction, a farmers' market, and rawhide-braiding and leather-weaving demonstrations. Admission is free./ *808-572-7143*

## june 22/
### CHEF FOR A DAY: ARTISAN CHEESEMAKING
*Snoqualmie, Washington*

Salish Lodge & Spa is the perfect getaway for culinary enthusiasts. Located just outside Seattle, this award-winning resort hosts the monthly Chef for a Day program, in which guests join chef Roy Breiman in food-themed adventures. This month's event is a trip to Estrella Family Creamery in Montesano. At the dairy, attendees will receive an in-depth lesson on cheesemaking. Afterward, Estrella's best artisanal cheeses will be distributed for a tasting. Tickets are $95./ *425-831-6554; salishlodge.com*

~D.C. AND ELISA HUANG

COURTESY OF LEDA'S BAKE SHOP/ALEX VASILESCU

# PREP SCHOOL

TECHNIQUES, TIPS, TRICKS, AND MORE FROM THE **BON APPÉTIT TEST KITCHEN**



*from* PASTA IN A NEW LIGHT *p. 108*

**THE TECHNIQUE/**

## al dente all the time

When boiling semolina pasta, the difference between undercooked and al dente is a matter of seconds: A close watch is key. For one pound of pasta, use a pot that's at least eight quarts. When the water has boiled, salt it generously (in the Test Kitchen, we use a handful—about three tablespoons for every five quarts of water).

**1/** Add the pasta; stir it right away so it doesn't stick. Twist longer pasta with tongs to make sure it's totally submerged. Stir occasionally.

**2/** When the pasta begins to soften, start tasting it—tender but still firm to the bite is what you're after. If you bite into a piece and see a thin, starchy line inside, keep the pasta boiling.

**3/** Drain the pasta in a colander. To prevent sticking, toss it with a tablespoon of oil. Don't rinse—the starch that remains on the pasta will help the sauce adhere.

**EXTRA CREDIT/** Save a cup of the boiling liquid when you drain the pasta—it comes in handy if the pasta needs moistening once you start tossing it with sauce.

**THE TERM/**

## chiffonade
(shiff-oh-NAHD)

Sounds like a delicate sauce or a fancy pastry technique, doesn't it? But it's just a word for slicing herbs into thin strips—the French translation is "made of rags." Arrange the herb leaves in a stack, roll them up cigar-style, and slice the roll as thinly as you can. Voilà—you've just done a chiffonade. Knowing how comes in handy for the Orzo with Grilled Shrimp, Summer Vegetables, and Pesto Vinaigrette on page 110. A chiffonade of mint or basil also makes dishes like potato salads and fruit salads look and taste better, and it's a quick and pretty way to garnish main courses, too. /▸▸

TEXT BY AMY ALBERT/ ILLUSTRATIONS BY JOEL HOLLAND/

**THE TOOLS/**

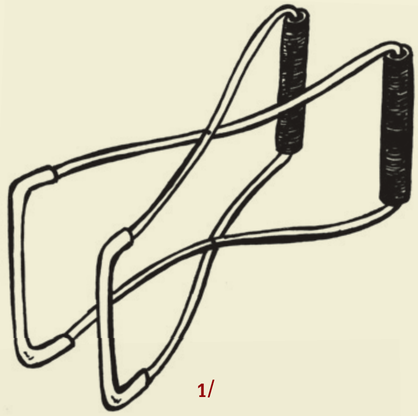
## canning funnel and jar lifter

For preparing the Mixed-Berry Jam on page 81, these two tools are incredibly helpful.

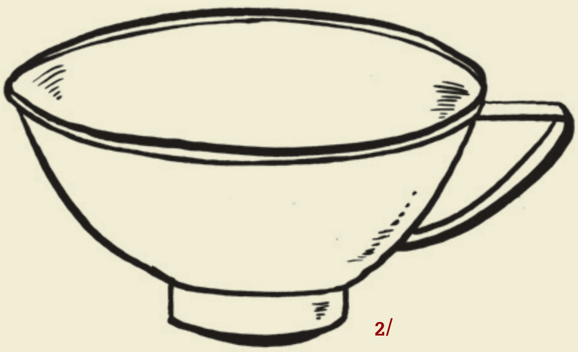
**1/** A jar lifter (sturdy, rubber-coated tongs) makes ferrying around the hot glass jars both easy and safe ($5).

**2/** A wide-mouth canning funnel makes neat work of transferring finished preserves from pan to jar (stainless, $9; plastic, $3).

*Both are available at canningpantry.com.*



1/



2/

*from* COOKING LIFE *p.80*

**TRY THIS/**

**JAM TEST**

**There are two more ways to tell when the Mixed-Berry Jam on page 81 is done.**

**FREEZER/** Put a dab of jam on a plate and set it in the freezer for five minutes. If the jam holds its shape, it's ready.

**SPOON/** Dip a metal spoon in the jam. When two drops join and "sheet" off the spoon, you're all set.

# CLAMS

FOR THE LINGUINE WITH HERB BROTH AND CLAMS ON PAGE 114, HERE'S ALL YOU NEED TO KNOW ABOUT WORKING WITH CLAMS./ **CHOOSING:** RAW CLAMS SHOULD BE TIGHTLY CLOSED. FLICK AN OPEN CLAMSHELL WITH YOUR FINGER—IF IT DOESN'T CLOSE, PASS IT BY. AVOID ANY CLAMS WITH BROKEN SHELLS./ **STORING:** CLAMS NEED BREATHING ROOM, SO DON'T SEAL THEM IN PLASTIC. STORE THEM IN THE FRIDGE IN A SINGLE LAYER ON A BAKING SHEET. IF THEY CAME IN A NETTED BAG, STORING THEM THAT WAY IS FINE./ **CLEANING:** SCRUB CLAMS ON BOTH SIDES WITH A VEGETABLE BRUSH, AND RINSE THEM WELL./ **DONENESS:** WHEN CLAMS OPEN, THEY'RE DONE. DISCARD ANY THAT REMAIN CLOSED.

FIND MORE THAN 150 TIPS FROM THE *BON APPÉTIT* TEST KITCHEN AT *bonappetit.com/go/tips.*

**THE TECHNIQUE/**

## the right way to make a frittata

The Curried Pea Frittata on page 101 is one of the best quick dinners that we know. Plus, the ingredient possibilities are almost endless. It's especially quick if you cook the frittata in a large pan (which makes a thinner frittata) and finish it in the broiler (instead of baking). First, prepare the egg mixture as directed in the recipe. Set an oven rack near the broiler, heat the broiler, and then:



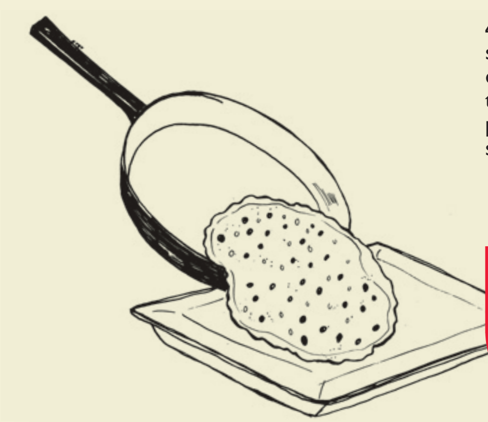
**1/** Heat the oil in an ovenproof nonstick skillet over medium-high heat. Add the green onions and peas (or whatever filling you're using).



**2/** When the filling is cooked, pour in the egg mixture. Let it set for a few seconds before proceeding to Step 3.



**3/** Cook until the top is almost set, using a heatproof spatula to lift the edges so the uncooked egg flows underneath. Place the frittata in the broiler until the top is set, about a minute.



**4/** Run a heatproof spatula around the edge to loosen. Slide the frittata onto a plate, or serve it straight from the pan.

*from* 15 DISHES IN 15 MINUTES *p. 94*

**TRY THIS/**

**SEED A CUCUMBER**

To easily remove the seeds from a cucumber for any of the recipes from "At the Market: Cucumbers" on page 74, just halve the cucumber lengthwise and drag a teaspoon down the middle of each half. Discard the seeds. Slice the cucumber crosswise for crescent-shaped slices or chunks.

**TRY THIS/**

## skewer shrimp

For the Grilled Shrimp with Rosemary on page 105, here are two ways to make sure the shrimp stay secure on the skewer (and won't spin when turned):



**BAMBOO SKEWERS/** Use two: one through the middle third of the shrimp, the other through both ends.

**FLAT METAL SKEWERS/** Thread the skewer through the tail and head portions. /■




**GRADUATION**

Mini Zucchini and Goat Cheese Tarts *126*

TO DRINK: Champagne

Roasted Cod on Large Garlic Croutons *101*

Green beans with caramelized shallots

TO DRINK: Rosé

Cherry-Cornmeal Upside-Down Cake *134*

**SHOWER**

Iced Cucumber Soup with Mint, Watercress, and Feta Cheese *78*

Orzo with Grilled Shrimp, Summer Vegetables, and Pesto Vinaigrette *110*

Baguette

TO DRINK: Pinot Gris

Meyer Lemon Semifreddo with Summer Berries *129*

**WEEKNIGHT**

New Chicken Parmesan *98*

Toasted Israeli Couscous with Pine Nuts and Parsley*

Sugar Snap Peas with Mint and Orange *128*

TO DRINK: Sauvignon Blanc

Deep Dark Chocolate Cookies *67*

**MEXICAN**

Jicama, Radish, and Pepita Salad*

Steak Fajitas with Fresh Lime *97*

Warm tortillas

Corn, Zucchini, and Poblano Chile Sauté*

TO DRINK: Michelada *44*

Classic Flan*

**FATHER'S DAY**

Grilled Sesame-Eggplant Dip with Pita Wedges *105*

Lamb Shoulder Chops with Tomatoes and Za'atar *97*

Basmati Rice with Sweet Onions and Summer Herbs *128*

Fresh Spinach with Garlic-Yogurt Sauce*

TO DRINK: Pinot Noir

Classic Sour Cherry Pie with Lattice Crust *133*

**MEATLESS**

Bruschetta with Swiss Chard, Pine Nuts, and Currants*

Capellini with Fresh Ricotta, Roasted Garlic, Corn, and Herbs *111*

TO DRINK: Chardonnay

Rustic Plum and Port Tart *67*

KANA OKADA



*/ FOR THESE RECIPES, GO TO *bonappetit.com.*

# SOURCEBOOK/

## SHOPPING INFO

### The Garden Party/

**pp. 124–129**
"Linge" dinner plates ($15 each), "Jewel" glasses in pink ($7 each), "Bay Tree" tray in cream ($157; shown with dessert plates), and "Taffeta" dessert plates ($10 each), all from **MAISON MIDI**; 323-935-3157.
*All other items are privately owned. Listed prices are approximate.*

## TRAVEL PLANNER

### Drinks/ p. 44

**EL CHILE CAFE Y CANTINA**/
1809 Manor Road, Austin, Texas; 512-457-9900; elchilecafe.com

### Travel: Mississippi Delta/ pp. 116–123

**ABE'S BAR-B-Q**/
616 South State Street, Clarksdale; 662-624-9947; abesbbq.com
**BOTTLETREE BAKERY**/
923 Van Buren Avenue, Oxford; 662-236-5000
**CHAMOUN'S REST HAVEN**/
419 South State Street, Clarksdale; 662-624-8601
**COMMERCE STREET MARKET**/
602 Carroll Gartin Boulevard, Laurel; 601-426-9700; commercestreetmarket.com
**THE CROWN RESTAURANT**/
112 Front Street, Indianola; 662-887-4522
**THE DELTA CELLAR**/
111-B West Park Avenue, Greenwood; 662-453-3105; thedeltacellar.com
**DELTA DONUT**/
610 North State Street, Clarksdale; 662-627-9094
**DELTA FRESH MARKET**/
301 West Park Avenue, Greenwood; 662-455-9575
**DOE'S EAT PLACE**/
502 Nelson Street, Greenville; 662-334-3315; doeseatplace.com
**FRATESI BROTHERS GROCERY**/
1402 Highway 82 East, Leland; 662-686-2253
**GROUND ZERO BLUES CLUB**/
0 Blues Alley, Clarksdale; 662-621-9009; groundzerobluesclub.com
**HAL & MAL'S**/
200 South Commerce Street, Jackson; 601-948-0888; halandmals.com
**HINES BROADLAKE GROCERY**/
693 Highway 49 West, Yazoo City; 662-746-6518
**INDIANOLA PECAN HOUSE**/
1013 Highway 82 East, Indianola; 662-887-5420; pecanhouse.com
**L&M'S KITCHEN AND SALUMERIA**/
309C North Lamar, Oxford; 662-238-7780; lmskitchen.com
**LEE HONG COMPANY**/
1294 Main Street, Louise; 662-836-5131
**LUSCO'S**/
722 Carrollton Avenue, Greenwood; 662-453-5365
**MADIDI**/
164 Delta Avenue, Clarksdale; 662-627-7770; madidires.com
**MATTIE'S PLACE**/
114 West Market Street, Greenwood; 662-453-5753
**THE MISSISSIPPI GIFT COMPANY**/
300 Howard Street, Greenwood; 662-455-6961; msgifts.com
**MOCKINGBIRD**/
325B Howard Street, Greenwood; 662-453-9927
**SHERMAN'S RESTAURANT**/
1400 South Main Street, Greenville; 662-332-6924
**THE VARSITY**/
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### Feedback: Jimmy Fallon/

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507 Third Avenue, New York; 212-696-5336; 79 Chambers Street, New York; 212-566-2828; carlssteaks.com



VOLUME 53, NO. 6. *Bon Appétit* (ISSN 0006-6990) is published monthly by Condé Nast Publications, which is a division of Advance Magazine Publishers Inc. PRINCIPAL OFFICE: The Condé Nast Building, 4 Times Square, New York, NY 10036. S. I. Newhouse, Jr., Chairman; Charles H. Townsend, President/CEO; John W. Bellando, Executive Vice President/COO; Debi Chirichella Sabino, Senior Vice President/CFO; Jill Bright, Executive Vice President/Human Resources. Periodicals postage paid at New York, NY, and at additional mailing offices. Canada Post Publications Mail Agreement No. 40644503. Canadian Goods and Services Tax Registration No. 123242885-RT0001. Canada Post: return undeliverable Canadian addresses to P.O. Box 874, Station Main, Markham, ON L3P 8L4.

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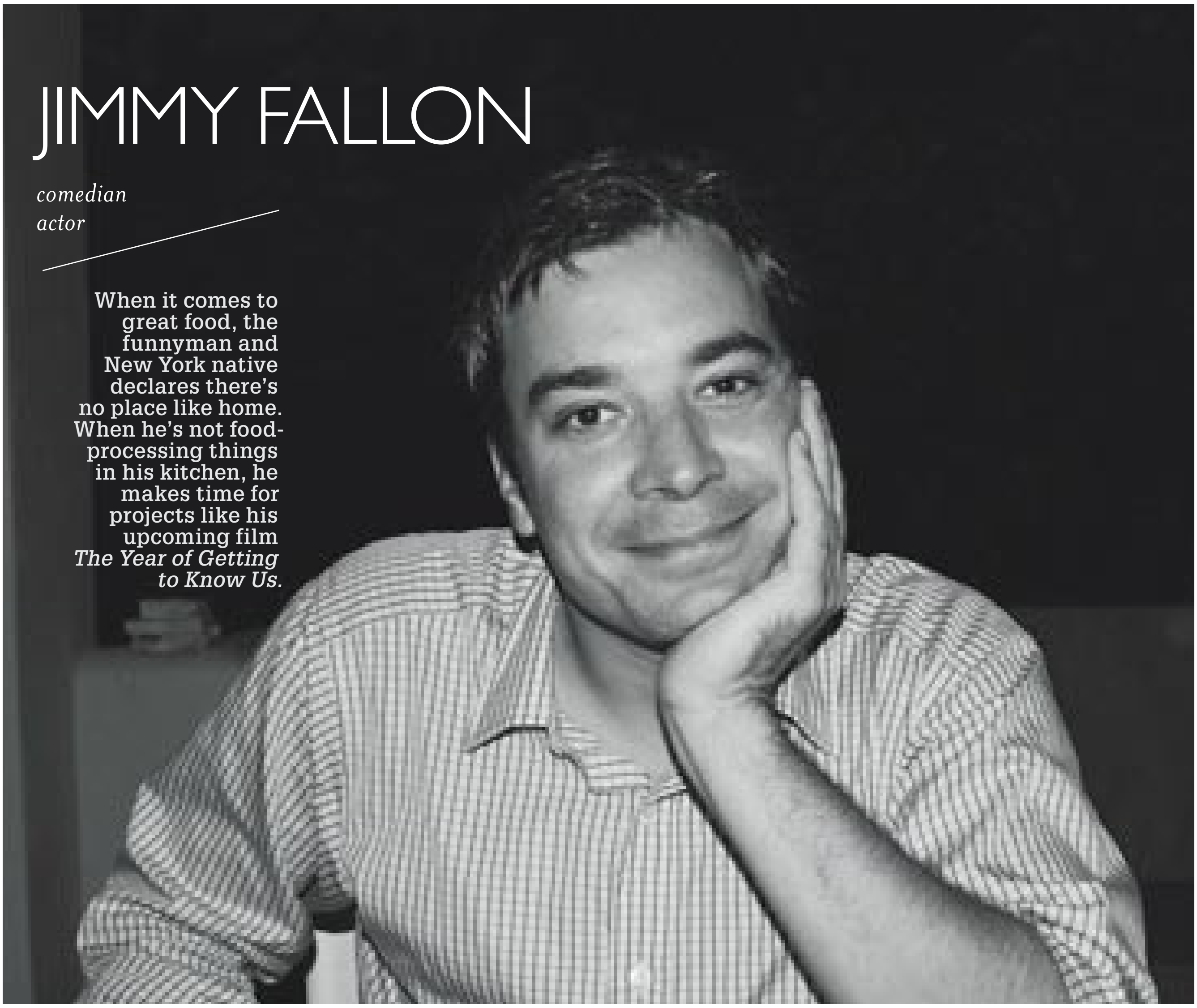
LC/ LOW CALORIE
CH/ LOW CHOLESTEROL
LF/ LOW FAT
HF/ HIGH FIBER
LSF/ LOW SATURATED FAT
V/ VEGETARIAN

NUTRITIONAL ANALYSIS BY SANDRA FRANK, ED.D., R.D.

# JIMMY FALLON

*comedian*
*actor*

When it comes to great food, the funnyman and New York native declares there's no place like home. When he's not food-processing things in his kitchen, he makes time for projects like his upcoming film *The Year of Getting to Know Us.*



**SELF-PORTRAIT/** At the table or in the kitchen, Jimmy Fallon keeps things casual.

**Where and what was your most memorable meal?**
I was in Dublin golfing and, weirdly enough, Mario Batali was there. We went shopping, and I bought a pot from the Mario Batali section in the store. I felt embarrassed buying it in front of him, but we needed a grill pan. In Mario's hotel room, we cooked crazy, awesome rack of lamb and pasta with homemade sauce.

**Of all the places you've been, where is the best food?**
In New York City, every other block has something unbelievably delicious. It's so diverse and great.

**Are there things you eat that you know you shouldn't?**
Philly cheesesteaks are delicious. There's a great place by my house in New York called Carl's Steaks. You just know it's bad for you—you have to go in disguise when you buy it and then sneak out—but it's so good, you can't help it.

**What are people surprised to find in your kitchen?**
I have all the tools needed to cook food. I think my friends wonder, "Do you food-process things? Do you actually use this mixer?" But I have it all. My mom and grandmother loved to cook, so I really got into it through them.

**Do you have a comfort food?**
I love pizza. There are so many good pizzerias in New York, you can't really go wrong. I like brick oven right now, but I'll always love the classic ones with the thick crust. I usually go with pepperoni.

**What food always reminds you of home?**
Cheesecake. My mom seriously makes it for me all the time. If I tell her I like something, she'll make it every single day—breakfast, lunch, and dinner. I only said that I liked it once—in the fifth grade!

**What foods won't be found in your kitchen?**
I stay away from mayonnaise. It goes all the way back to when I was a kid. I must have thought it was cool to stick my head between the metal bars on our back-porch banister. I couldn't get my head out, so my grandfather suggested rubbing mayonnaise all over my head to lube it up so that they could slide it out. It's 90 degrees, my head is covered with mayonnaise, and I'm crying hysterically. My head finally just slipped out. I'll never enjoy a tuna fish sandwich like everyone else.

~INTERVIEW BY BEKAH WRIGHT



FOR MORE DETAILS, SEE SOURCEBOOK.